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SECRETS
MEN
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INSANE ARMS IN 4 MOVES

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PROTEIN
A MANUAL FOR MEN

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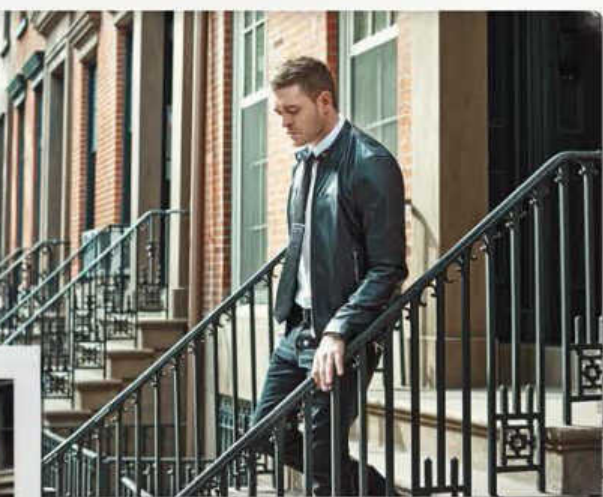
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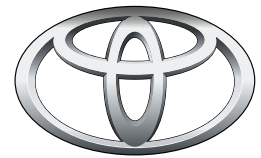
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Secrets from the World's Fittest Men!

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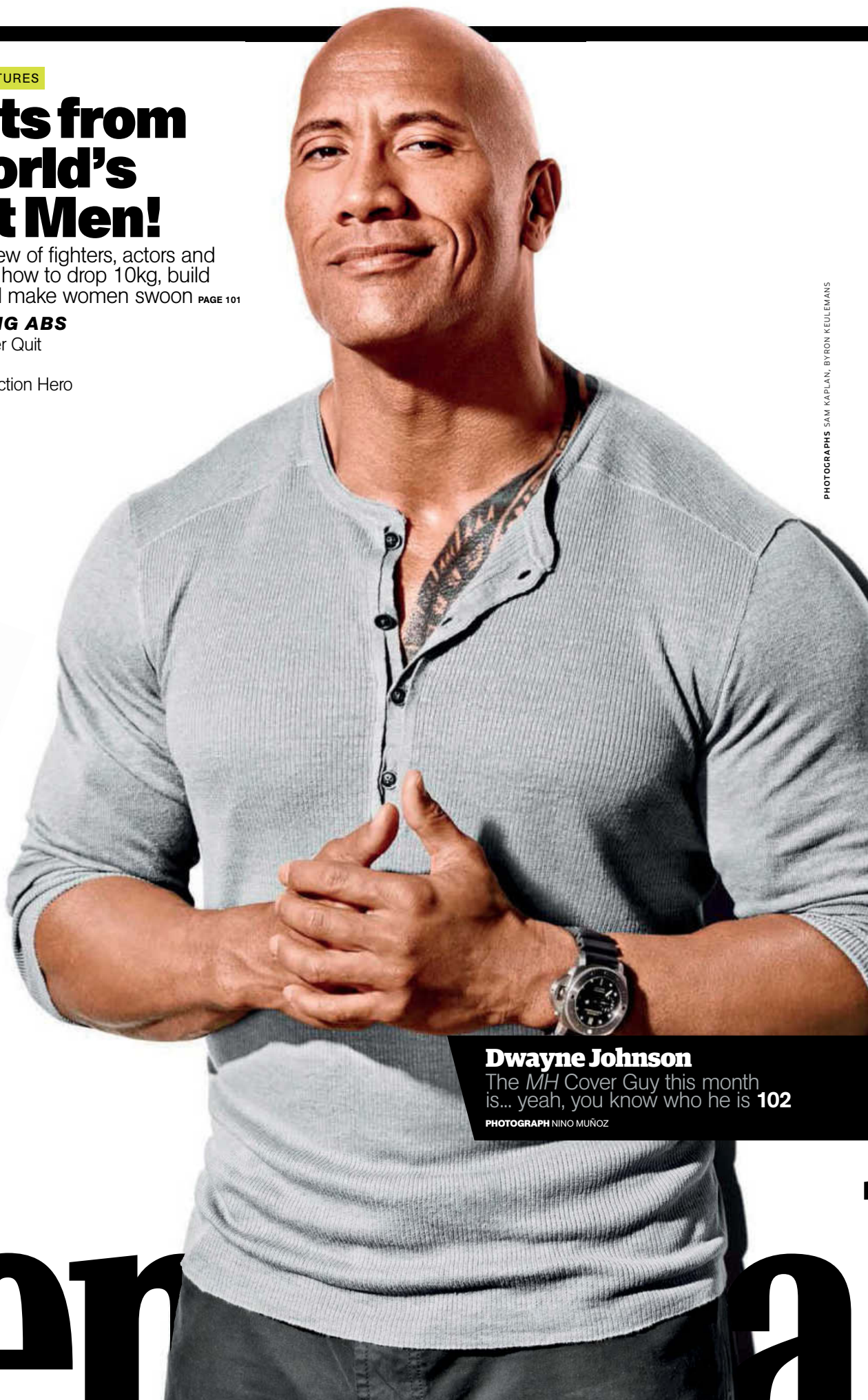
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My Dad's Secret Life

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Dwayne Johnson

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ALL-STAR MUSCLE

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Pack on Warrior Size ▶

We still remember Khal Drogo from *Game of Thrones* because of his sheer physical presence. Use Jason Momoa's workout to build fearsome upper-body strength, and join him as an alpha male at the top of the food chain

👉 mh.co.za/fitness/pack-on-warrior-size



WORKOUT

Build Arms Like the Rock

The Rock is on the cover for a reason. He has an insane work ethic and a great attitude. But hammering away at one exercise won't give you arms like his – you have to work the full spectrum of muscle fibres. Here's how

👉 mh.co.za/fitness/sleeve-busters

SEX & RELATIONSHIPS

How to Become a Male Porn Star

Three insiders from the most popular film genre in the world tell you what it takes to become the next big thing – and why being a male porn star may not be the best job in the world

👉 mh.co.za/sex-women/how-to-become-a-male-porn-star

WATCH THIS

Move Like McGregor

Conor McGregor has proven that he's more than just a loudmouth with a chest tattoo. Here are some of his movement methods

👉 mh.co.za/fitness/mcgregor

#MOTIVATION

Be a Real-Life Hero

Think you can't do it, that you've got too much standing in your way? Stop and watch this guy do muscle-ups in a wheelchair. Then get your ass into the gym

👉 mh.co.za/fitness/real-life-hero

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BECAUSE A MAN MUST EAT



■ I'VE ALWAYS LOVED SATURDAYS. EVERYTHING SEEMS okay on a Saturday. You buy the sneakers you've been saving for, meet friends for breakfast or go for an early morning ride. Or you lie in. Maybe you chill on your balcony letting that weekend feeling wash over you after a big night out. Whatever you choose, nothing really beats a Saturday for making you feel like you have a free pass.

For the past few years, most of my Saturday mornings have followed the same routine. It rarely changes and I don't get tired of it no matter how many times I repeat the circuit. My car might as well be on autopilot. First stop is my local coffee shop. No questions asked, just nod the order, sit at the bar and take in the rockabilly sounds and smell of roasted beans. Sometimes my wife joins me or I meet a mate, but mostly it's a solo mission and I stare at the noticeboard, read the paper and let the strong brew wake my senses. Before I leave I pick up my week's supply of beans.

Then, invigorated, I head out towards the butcher. It's out of the way, at the back of an industrial area off the N1, but usually busy by the time I get there. It's an old-school meat shop: shiny metal tops, white tiles and efficient staff in white coats weighing and packing meat. I don't suppose much has changed in years. Just the way I like it - I try to avoid supermarkets at all costs.

It's at this butcher that I ordered my first brisket, got advice on how to make biltong and was introduced to my new favourite cut of steak. I'm an unashamed carnivore and over the years I've been lucky enough to pick up some pretty valuable tips on preparing protein from the pros.

Roasting? The trick is to cook it low and slow: anything tastes good after sweating for eight hours. Forget sauce, rather go for rubs. Chef's tip? Use ground coffee in your next pork shoulder or brisket rub. The best cut you're not eating? Ask for fillet "head" - the unshapely but incredibly tender bit at the top usually trimmed off and kept aside by your butcher. For more brilliant - and tasty - ideas to boost your protein intake go directly to our complete guide on page 118. The Rock would approve.

A final note: eat the best meat you can afford. And try to know where it comes from. Choosing responsibly farmed, free-range meat is not only a healthier option, but a more responsible one. For starters, find your local butcher and make friends.

Gentlemen, start your fires.

JB

Jason Brown
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Why is my beard a different colour from the hair on my head?

JONATHAN, PORT ELIZABETH

If your face resembles a badger then chances are it's hormonal, says dermatologist Adnan Nasir. While an excess of dihydrotestosterone (DHT) can cause androgenic alopecia - that's male-pattern baldness to you and me - it can also boost facial hair growth. Since these follicles are more active than the ones up top, they also age more quickly. A surfeit of male sex hormones, which reduce hair-darkening melanin, makes a salt-and-pepper scruff somewhat inevitable. If, on the other hand, you suffer from brown-mop-with-ginger beard, you may be hardwired to produce a high level of pheomelanin, a form of melanin that gives hair a rusty cast. That said, a hint of copper in your beard can also be down to skin flakes catching to fairer hair, or even dirt and pollution landing and sticking around. Invest in a beard wash such as the one by Captain's Beard (R200, thecaptainsbeard.co.za) to scrub away debris. Still ginger? It's probably in your genes.

▶ AM I NORMAL?



I'm happily married but sometimes fantasise about divorcing my wife. GEORGE, RANDBURG

If George's wife is reading this, relax. No need to call your lawyer. As for you, George, when a man is happy with his honey but still thinks about untying the knot, something other than the marriage – his job or finances, perhaps – may be causing strain, says Jared DeFife, a relationship therapist. Subconsciously you may be conflating your marriage with those problems because she personifies the stressful responsibilities in your life: ditch her and you ditch them. Even though it's all happening inside your mind, the eventual result could be marital discord. "You may disconnect from your partner instead of asking her for help," DeFife says. So talk to her! Then defuse the marriage by playing it out in your head: Imagine you two split up but everything else stayed the same – the bastard boss, the tanking portfolio. Things still suck, right? Good. You just closed the psychological escape hatch. Now you can deal with your problems.

○ WEIRD ● NORMAL

Does it matter if my olive oil comes in a glass, plastic or tin container?

BRIAN, SEA POINT

Plastic is the pits: compared with glass and tin, it's more permeable to oxygen. That's bad, because O_2 accelerates the ageing of olive oil, explains Dr Selina Wang, research director at the University of California Davis Olive Centre. When scientists in Spain evaluated the different types of containers, they found that olive oil stored in plastic went rancid the fastest and lost the most polyphenols after six months. Did we mention that it was clear plastic? When light joins the oxygen invasion, olive oil degrades even more quickly, says Wang. That makes tin and dark-green glass the top choices, since they

provide protection from both light and oxygen. If you go with glass, keep the bottle in the dark at home too. The ideal storage spot: a kitchen cabinet or pantry with air temperatures kept between 10 and 15°. In an Australian study, researchers discovered that higher temperatures can significantly deplete the nutritional content of olive oil. As for the slick stuff you already have in your pantry, pour a little on a white plate: if it looks more brown than yellow, toss the container. The Spanish study also found that brown was the colour of spoiled oil.

Do any of those eye-health supplements actually work?

CHARL, PRETORIA

Some do, but others are only effective at raising eyebrows. Be wary of any product

bearing a claim that it'll prevent cataracts or improve your vision, warns ophthalmologist Kimberly Cockerham. The current research doesn't back up their promises. So which supplements aren't trying to rob you blind? Some that help treat dry eyes or slow the progression of age-related macular degeneration (AMD) can generally be trusted. Research in the *International Journal of Ophthalmology* showed that 65% of people with dry eye syndrome who took a daily omega-3 supplement (325 mg EPA, 175 mg DHA) for three months experienced relief from parched peepers. These fatty acids can help ease inflammation that causes your orbs' lacrimal glands to decrease normal tear production, says Cockerham. As for AMD, researchers at the National Eye Institute in the US have discovered that swallowing a combination of vitamin C, vitamin E, lutein, zeaxanthin and zinc can reduce the risk of developing the disease over the next five years by 25%. We'll save you the trouble – and eyestrain – of reading every label: Vital Eye Boost Capsules (R104, Clicks) contain the correct dose of each nutrient.

I know I get enough sodium in my diet, so why do I sometimes crave salt?

DAN, GEORGE

That hankering is all in your head. The amount of sodium in the average person's diet far exceeds that needed for survival, says Dr Marcia Pelchat, a researcher at the Monell Chemical Senses Centre in

Philadelphia. Over time, the excess may cause changes in certain areas of your brain associated with motivation and pleasure, including your ventral tegmental area – part of a region that's been implicated in drug abuse and addiction, according to University of Iowa research. Even one day of cutting back on pepper's pal could prompt you to want and need more, says Pelchat. Get the picture? You're hooked. And while you could just go cold turkey, weaning yourself off sodium can also work: studies show that reducing

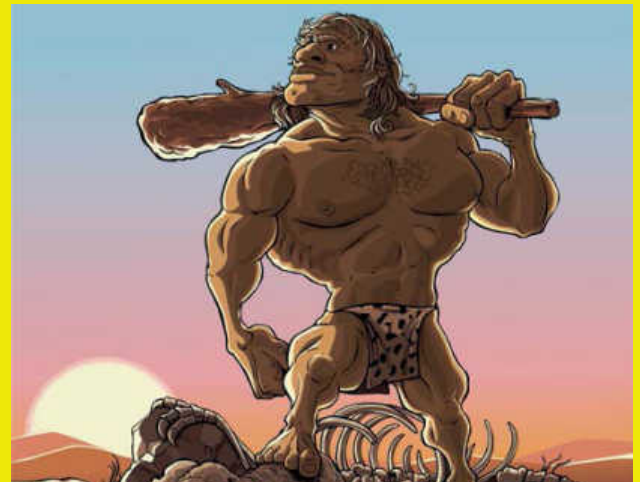
your sodium intake by 30 to 50% can help reduce salt cravings within just two to three months.

Why do some of my bowel movements make me feel so good?

RYAN, NELSPRUIT

Let's start with what happens before you squat and say "aah". Every time your colon fills up with fecal matter, stretch receptors in your rectum send warning signals up your sacral nerves to your brain that say, "If you don't take a dump, your colon will rupture and

you'll die." You wisely decide that it's better to hit the Gents than be full of crap and expire. But while unburdening your bowels does feel good, this isn't the near-organic sensation you're talking about. That only happens when your BM is large enough for its passage to also stimulate your vagus nerve, which runs from your colon to your brain stem. When that happens, your blood pressure drops and you feel light-headed, leading to a brief blip of sublime relaxation: or what some like to call poophoria.



Did men have six-pack abs thousands of years ago?

TIM, PORT ALFRED

Yep. But they weren't holding planks; they were throwing spears and swinging clubs. Hunter-gatherers' activity levels were as extreme as those of today's varsity athletes, says Dr Danny Longman, a postdoctoral fellow in anthropology at the University of Cambridge. In fact, according to a 2013 study published in the *Journal of Human Evolution*, weeklong expeditions for mastodon meat took place on hunting grounds that covered up to 7 800² km; cross-country runners log 128 to 160 kilometres

a week. Then there's the food that fueled these epic forays: on a good day, our ancestors consumed about 8 300 kJ from fresh lean meat, fish, nuts, vegetables and fruit. Not on the menu: grains, dairy and all the crap in processed foods, like extra sodium, added sugars and trans fats. That's the inspiration behind the Paleo diet: in a Dutch study, obese people who followed this type of plan shed 3cm of waist circumference after just two weeks, without having to track and kill their dinner.



Make the Lard Your Saviour

Most active guys view a well-timed dose of carbs as premium-grade fuel. But Dr Jeff Volek, a professor of exercise and nutrition at Ohio State University, has been studying a new breed of athlete: men who have abandoned the high-octane stuff in favour of a moderate-protein, high-fat diet that's very low in carbohydrates. He found that men who take in only about 11% of their kilojoules from carbs burn more than twice as much body fat during exercise as their high-carb counterparts do. "Reducing your carbs may enhance your body's ability to burn fat for fuel instead of glycogen, a byproduct of carbohydrates stored in your liver and muscles," he says.

1

Don't Be Afraid of the Skin

If you're following a low-carb diet, you need to overcome your fear of fat; it's a critical source of fuel. It's also important for satiety. Stuff like chicken skin, marbled meat, and butter and cream bring pleasure to eating. Plus, dietary saturated fat is used as fuel, not stored, so it doesn't accumulate in blood or tissues."

2

Fight Soreness with Omega 3's

I take 1 gram of fish oil every day as a source of EPA and DHA. Research shows it may improve heart health, ease inflammation, and relieve delayed-onset muscle soreness after exercise. I also supplement with 1.5 grams of glucosamine and 1.2 grams of chondroitin daily to help soothe achy joints."

3

Schedule Your Sweat Days

"I used to be a competitive powerlifter. Now, with three kids and a busy job, hitting the gym three times a week isn't so easy anymore. So I schedule workouts in my iCalendar, which I share with my wife. I lift heavy weights for about 30 minutes. Sometimes I cycle for 30 to 45 minutes to build endurance."

4

Master a Go-To Low-Carb Meal

Mine is a crustless quiche. I use 1 cup of mushrooms, half an onion, 900 grams of mince, ½ cup cream and 2 cups shredded cheddar. Sauté the 'shrooms and onions and brown the meat. Now beat 13 eggs and add the cream, cheese, and sautéed stuff. Pour it all into a greased dish; cook 30 minutes at 190°."

2-SECOND LIFESAVERS

Win the Pissing Contest

Taking more trips than usual to the urinal? Consider a trip to the urologist. Inflammation of the prostate and other conditions that make you go go go are treatable. And a Johns Hopkins study reveals a possible link between chronic inflammation and risk of prostate cancer.

Dr Judd W. Moul, professor of surgery and director of the Duke Prostate Center at Duke University Medical Center, Durham, North Carolina

Balance Your Brushing

You may have missed a spot. People spend about 62% less time brushing the inner surfaces of their teeth as they do the outer surfaces, according to researchers in Germany. Start at the back and pay special attention to the tongue side of your lower molars.

Dr Mark Wolff, professor and chairman, department of cariology and comprehensive care, New York University College of Dentistry

Hit Zits with Zinc

Pimples? Simple fix: eat nuts. New research suggests a link between acne severity and low levels of zinc, an anti-inflammatory and antibacterial mineral. Try supplementing with 50 milligrams of zinc a day, or snack on roasted peanuts, which have 2 milligrams of zinc per ½ cup.

Dr Adnan Nasir, director dermatology research, Wake Research Associates; adjunct assistant professor of dermatology, University of North Carolina Chapel Hill

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Healing the Burn

If there's more acid in your stomach than in your car's battery, you need *MH's* fire-fighting advice

1/ Douse the Flames

Long days, bar stop-offs and late dinners are a recipe for acid reflux. On those nights when a 10pm pasta ready-made meal seems a sad inevitability, chase it with a glass of water: the *Digestive Diseases and Sciences Journal* found H_2O helps neutralise excess stomach acids. A stick of sugar-free gum will work well too, as it increases saliva production. Carrying alkaline liquid to the stomach. Something to chew over.

2/ Stay Up Longer

Can't help slumping on the sofa the second you drop your fork? Don't take it lying down – literally. A prone belly full of food slows digestion, which causes your stomach to vent at the wrong end; the food moves up, not down. After dinner, position a few pillows behind your back and sit up straight. Food needs two hours to digest, so shoot for two full episodes of *True Detective* before you doze off.

3/ Up the Antacids

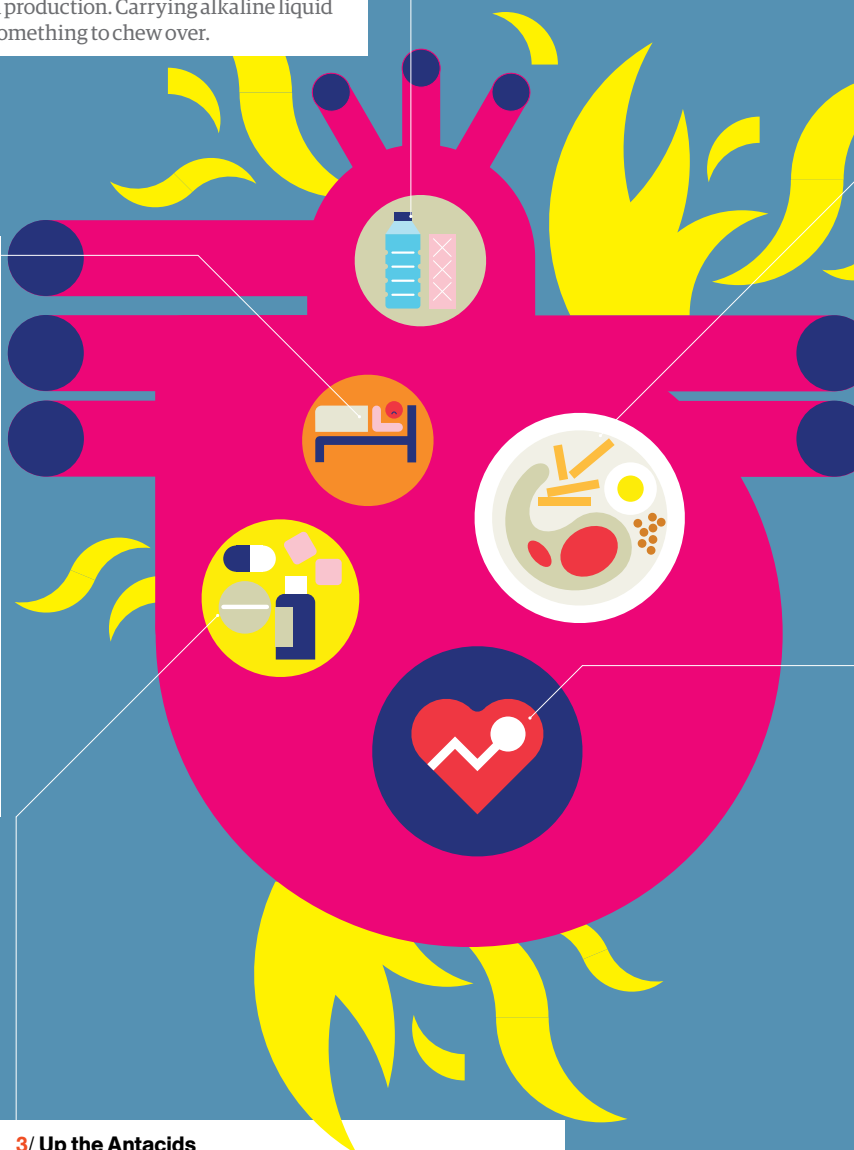
When gum won't cut it, going over-the-counter is your next option. Antacids such as Gaviscon protect the lining of your oesophagus, to deal with one-off bouts of heartburn. If you suffer more frequently, try a proton pump inhibitor (PPI) such as Lancap, which reduces the amount of acid in your stomach. If symptoms last more than two weeks, see your GP. Fire-fighting of this degree is best left to the pros.

4/ Listed Firestarters

If the battle of the burn rages on cheat days, that's because high-fat foods spend longer in your stomach, while large meals strain the muscles at the bottom of your oesophagus. These are meant to let food in and trap acid; when they loosen, acid leaks, causing a burning sensation. Leave a couple of hours between eating and working it off, as tensing your abs also loosens the muscles.

5/ Reflux Action

Although heartburn is fairly innocuous, it shares many of its symptoms with a far more serious condition: heart attack. While there are no definitive rules, other signs of a heart attack are shortness of breath and sweating. Besafe, not sorry, says David Warriner, a senior registrar in cardiology: "I'd rather see patients with heartburn and reassure them, than have patients feel too embarrassed to come in and then suffer a heart attack that could have been prevented." It's an acid test worth taking.





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With its unique two-layer construction, new Bi-Ply is an unrivalled merger of culinary technology. Combining a premium grade stainless steel interior with a PFOA-free non-stick exterior, the robust and aesthetically pleasing range of Bi-Ply cookware will equip you with all the tools you need to cook just like a professional chef. Compatible with all heat sources, including induction, Bi-Ply is covered with a lifetime warranty owing to its exceptional durability. For more information visit www.lecreuset.co.za or call our customer help line on 086 177 3321.



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NEWS THAT IMPROVES YOU

Bulletins

MARCH 2016

SNACK
SHOCKER

DOUBLE-CHIN FEATURE

Don't munch like a mindless zombie. **Your movie choice may give you a hankering for a buttered-popcorn binge.** In a 2015 study from Lebanon, thrillers and horror flicks were more likely than romances and comedies to bring on viewers' cravings for salty, fatty snacks. Blame the stress triggered by action-packed films: it causes the release of cortisol, which increases the desire for these types of foods, explains Aner Tal, of Cornell University's Food and Brand Lab. So if you must munch, buy the child-size popcorn: small portions of a snack can be just as satisfying as servings with seven times the kilojoules, according to research from Cornell University.



Russian to the gym: you'll be Putin on muscle in no time

This Lift Will Make You Lean

To incinerate your cheat meal faster, skip the treadmill and exercise bike:

A 12-minute kettlebell circuit burns more kilojoules than doing all-out cardio for the same length of time, a Southeastern Louisiana University study found. Men who performed the four-move kettlebell workout below not only crushed more kJs but also taxed their lungs more than when they did repeated sprints on a stationary bike for 12 minutes. "Plus, the workout is safe and results in less physical strain," notes study author Brian Williams.

Try It!

Perform each exercise, in the order shown, for 1 minute: work for 20 seconds, rest for 10 and repeat. Completing all four exercises is 1 round. Do 3 total rounds (or more!).

1 Sumo Squat

Stand with your feet twice shoulder width, holding a kettlebell with both hands, and squat.



2 Swing

Bend at your hips to grab a kettlebell. Hike it between your legs; then thrust it up to shoulder level. Keep swinging.



3 Clean & Press

Hold a kettlebell in front of you. Explosively pull it up and "catch" it at shoulder height. Press it overhead.



4 Sumo Deadlift

Grab a kettlebell; assume a wide stance. Push your hips back to lower your torso. Rise back up, your torso straight.



Bells vs. Bikes (12 Min.)

	KETTLEBELL CIRCUIT	CYCLING SPRINT
CALORIES BURNED	145	122
AVERAGE HEART RATE (bpm)	149	140
O ₂ CONSUMED (ml/kg/min)	23	20

2

DAILY GRAMS OF GINGER, IN SUPPLEMENT FORM, LIKELY TO REDUCE POSTEXERCISE SORENESS

Source: *Journal of Strength and Conditioning Research*



GIVE US A V!

A little "slide" of hand can make you bigger.

Mix up your lat pull-down grips to work more muscle, suggests a *Strength and Conditioning Journal* analysis. Do 1 set with each of these grips: twice shoulder-width with overhand, shoulder-width with overhand, and shoulder-width with underhand.



WORTH IT OR WORTHLESS?

TRAINING MASK

Who's that masked man? A sucker. **Masks meant to boost performance by replicating high-altitude exercise don't work,** say researchers at Oklahoma State. Cadets who trained in the face gear for six weeks saw no more strength or endurance gains than gear-free guys did. "The oxygen content of the air you're breathing is still the same," says PT Bill Hartman. "The masks just make breathing difficult. That can cause dysfunction."

BEFORE

00:00 SEC

AFTER

00:30 MIN

INCREASED
VASCULARITY

GREATER
MUSCLE PUMPS

EXPLOSIVE
ENERGY

Ryan Terry

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INDIVIDUAL RESULTS MAY VARY. FOR OPTIMAL RESULTS, COMBINE WITH A LEAN MUSCLE EATING PLAN AND TRAINING PROGRAMME.





How Fruit Ignites Your Metabolism

Be pickier in the fruit and veg section. **Certain fruits fight fat better than others do**, Harvard researchers report. After assessing 24 years' worth of people's eating habits, they linked each extra daily serving of fruit with an average half-pound reduction over four years. Blueberries, apples, prunes and pears yielded the biggest change – up to a 500g reduction per extra daily serving. Some credit may go to flavonoids, the helpful compounds found in fruit and vegetables, says study author Monica Bertoia. Research shows they boost energy burn and cut fat absorption.

Flambé the fat by consuming more fruit. It's metabolic magic!



JEDI MIND TRICK



THINK LEAN

Call it mind over fatter: **considering yourself pudgy could increase both your weight and your BMI**, a British study suggests. Guys who were okay with their weight, however, kept extra kilos off during the study period. So rethink your goals: focus on improving your overall health instead of simply losing weight.



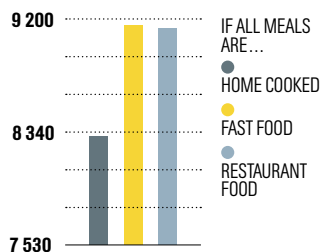
REALLY WHEY THE BENEFITS

Don't skip breakfast: double up! **Downing a protein shake an hour after your morning meal can help cut cravings**, a study in the journal *Appetite* found. Active men who chugged whey protein saw their hunger subside immediately by as much as 65% – nice for when lunch rolled around. The volume of the shake didn't matter, says study author Kristen MacKenzie-Shalders. Those who consumed 20, 40, 60 or 80 grams all ate the same number of kilojoules at lunch.

Meal Plan Meltdown

Menus are tempting; you know that. Research from the University of Illinois shows exactly how tempting. So skip 'em: Instead, order cook-it-yourself, *MH*-approved meals at mh.co.za

Average Daily kJ Intake



Source: *European Journal of Clinical Nutrition*

1600

AVERAGE INCREASE IN YOUR DAILY KILOJOULES IF YOU DRINK ALCOHOL

Source: *Journal of the Academy of Nutrition and Dietetics*

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BEYOND IMAGINATION

HERBALIFE
24

NUTRITION FOR THE
24-HOUR ATHLETE



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* Carbohydrate-electrolyte solutions enhance the
absorption of water during physical exercise
and contribute to the maintenance of endurance
performance during prolonged exercise. EFSA
scientific opinion EFSA Journal 2011;9(6):2211.

 **HERBALIFE
NUTRITION**



Frustrated?
Naps can work wonders for your noggin



POSE AS A HEALTHY GUY

Want to stay flu-free this year? Remember to wash your hands and twist your torso: **yoga can boost your immunity.** In a recent Korean study, people who saluted the sun and got down like a dog regularly for 12 weeks doubled their levels of antioxidants along with two types of immune cells. Credit yoga's ability to reduce your adrenaline level. An overabundance of this hormone can undermine an otherwise strong immune system, says study author Sung-Ah Lim.



Solve Problems with a Snooze

Never mind the chill pill – take a shot of shuteye instead. **A quick nap can help you master your emotions,** say researchers at the University of Michigan. People who snoozed for an hour showed a much higher threshold for frustration than non-nappers did, and they invested twice as much time trying to solve a complex task. According to study author Jennifer Goldschmied, the longer you're awake (even if you don't feel tired) the more your emotional control diminishes. Don't have an hour to burn? Thirty minutes should be nearly as effective.



WEIRD SCIENCE THAT WORKS

HONEY FOR HACKERS

If you're a former smoker, bee vomit may help heal your heart and lungs, suggests research from Malaysia. People who swallowed honey every day for 12 weeks lowered their levels of F2-isoprostanes (markers of oxidative stress) by 38%.

Apply It Eat 1½ tablespoons of raw honey daily.

58

PERCENTAGE INCREASE IN YOUR DIABETES RISK WITH EACH 20-POINT RISE IN YOUR AVERAGE SYSTOLIC BLOOD PRESSURE (THE TOP NUMBER)

Source: *Journal of the American College of Cardiology*

High-Death Television

Some guys get so caught up in what they're watching on TV that they'll throw something, like a blood clot. An 18-year Japanese study found that the more time people spent in front of the flat-screen, the greater their risk of flat lining with a pulmonary embolism. The reason? You guessed it: the potato position. Sitting for too long can cause blood clots in your legs, which may then travel to your lungs, says study author Dr Toru Shirakawa.

TV Viewing Habits and Fatal Clot Risk in 40- to 59-Year-Olds

DAILY TV HOURS	RISK
5 or more	4 skulls (4x increase)
2.5 to 4.9	3 skulls (3x increase)
less than 2.5	No additional risk

Source: *European Heart Journal*
Each skull represents a onefold increase.



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THE ALL-NEW MAZDA CX-3



Introducing the first-ever compact SUV – the all-new Mazda CX-3 with KODO design and SKYACTIV Technology delivers 115kW of power and 204Nm of torque in a 6-speed automatic or manual transmission for a superb driving experience, no matter which option you choose.

Stay in touch with the world using MZD Connect, standard from the Dynamic Model, while the Individual Model comes with 18" alloy wheels, Integrated Navigation and Active Driving Display features, to name a few.



31

PERCENTAGE OF INJURED RUNNERS AT ANY GIVEN TIME DURING RACE TRAINING

Source: Scandinavian Journal of Medicine and
Science in Sports.

RUNNING DEBATE



STRIDE LENGTH

Step less lively. **You can reduce your injury risk by shortening your stride**, say scientists at Iowa State. Runners who pared down their stride by 5 to 10% had less strain on commonly injured areas, like IT bands and knees. That's because shorter strides are less jarring, easing impact on these vulnerable areas. Bonus: they're also more efficient.

BOOST YOUR CARDIO AND WORK OUTPUT

Get off your butt! **A treadmill desk won't impair your ability to focus**, according to researchers at Brigham Young University. They found that people who worked while strolling at these cardio desks – which some critics speculate may hurt your ability to process information – displayed just as much cognitive competency as those who sat. "The health benefits of walking and moving at work are vast," says study author Dr Michael Larson. If you don't have a treadmill desk, just take five minutes out of every hour to get up from your chair and walk briskly, he suggests.

AVOID A
COLLAPSE

Are You Imbalanced?

Forging fluid movement mechanics is key to avoiding injury and unleashing your athletic potential. Still, **playing sport isn't enough: You need mobility training to perform at your peak.** In a study at Northern Arizona University, elite athletes scored no higher on a movement competency test than their non-competitive peers did. "Athletes were better at some movement patterns, like the squat, but worse at others, like shoulder-mobility moves," says study author Dr Meghan Warren.

To be a man
for all (sport)
seasons, train
off the field too



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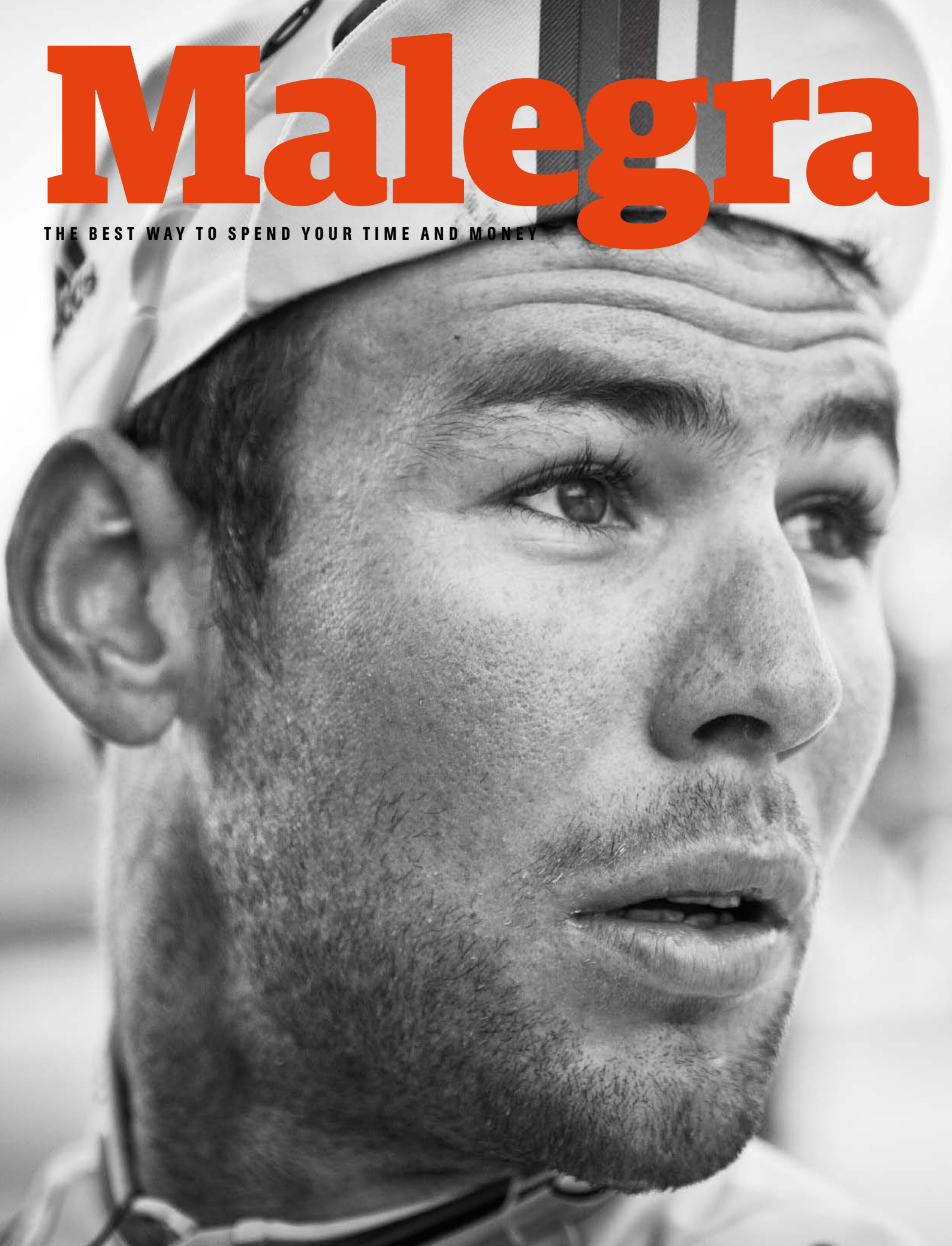


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Edited by Kieran Legg

Ride the Fury Road

**Mark Cavendish is living proof:
on the tarmac, anger goes a long
way. Unleash the beast**

BY JONATHAN ANCER



"DO YOU BELIEVE IN FAIRIES?"

We've squared off: mano-a-mano, or rather, Mano-a-Manx-ou. I'd landed an interview with Mark "The Manxman" Cavendish, the fastest man on two wheels. Cavendish is cocky, brash and outspoken, and has a reputation of being "a bit of a bastard" to interview.

He was in South Africa to race in 2015's Cape Town Cycle Tour with his Belgian team, Etixx-Quick-Step, and I knew if I asked him a "So, how do you like it in South Africa?" question he'd probably just get up and leave. I had to hit him harder than that.

The man with 26 Tour de France stage wins under his belt stared at me. It was clear he had never been asked that question before. My punch had landed. He narrowed his eyes.

"If you're talking about the Isle of Man ones, I always say hello to them ones when I cross the bridge. I say, '*Moghrey Mie Vooijer Veggey*' [which in Manx is 'Hello, little people']."

I'd tamed the Manxman. Now my interview with the most famous bloke from the Isle of Man since the Bee Gees could really begin.

Cavendish was in South Africa to add the Cape Town Cycle Tour to his list of achievements. South Africa has become a cycling safari of sorts, with an endless supply of world-class mountain bike routes and the most scenic passes for roadies. People come from all over the planet to ride here.

These tracks and trails are right in your backyard - from cyclepaths, breathtaking climbs to singletrack heaven that the rest of the world's cyclists can only dream of. Saddle your steed along one of the the country's unique trails, and you'll see it was built with cycling in mind.

Last year, Cavendish was outsmarted and outsprinted in the Cape Town Cycle Tour by local rider Nolan Hoffman. He won't lose sleep about not having that win - or at least, not yet - but there is one achievement missing from his CV that is causing him sleepless nights: the Moby Dick this 30-year-old pro cyclist is hunting is an Olympic medal.

"It's got to the point, that even if it's in synchronised swimming... an Olympic medal is the only thing I'm missing," he told *The Telegraph*. In the meantime he has made a bold move by jumping ship; he left Etixx-Quick-Step to join the tiny Dimension Data (formerly MTN-Qhubeka). On the face of it, the move might seem a bit like Lionel Messi leaving Barcelona for Orlando Pirates.

Except that it isn't.



Dimension Data may be the new kid on the block – it only just got its official WorldTour nod – but the South African team made tidal waves at last year's Tour de France, with Daniel Teklehaimanot becoming the first African to wear the coveted Polka Dot climber's jersey. The little racing team that could was cycling's biggest success story of 2015 – and by far the country's biggest sporting triumph of the year.

Dimension Data might be new on the scene but they have experience where it counts,

having recruited world-class riders – including Cavendish, who has been joined by his famous lead-out man Mark Renshaw – and a host of up-and-coming African talent.

Whereas Etixx-Quick-Step wasn't thrilled with Cavendish riding on the track, Dimension Data will allow him to pursue his dream of competing at the Rio Olympics. So while the prospect of riding in Rio may be one reason for Cav joining Dimension Data, perhaps there's another. There may have been behind-the-scenes

TAP INTO YOUR INNER ANGER: WHEN YOUR LEGS START TO GIVE UP AND YOUR CHEST IS ABOUT TO EXPLODE, YOUR FURY WILL SEPARATE YOU FROM THE PART-TIMERS

rumblings of Cavendish being past his "sell by" date. He had, by his standards, endured a disappointing couple of seasons with his former team, crashing out early in the 2014 Tour de France. Most cyclists would consider their cycling career a

success if they get to the TdF starting line at all, but for Cavendish, winning just one stage was a serious setback.

Cavendish has a thing about being "written off" – it's what makes him dangerous, because it means he has something to prove.

ON YOUR BIKE

Mount Up

Cycling is SA's fastest-growing sport, with more men than you can shake a shock-pump at converting to two wheels. If you want to join the army of Lycra soldiers and baggy bandits, pick your weapon carefully

01



1/Road Warrior

If your aim is to blitz your way to the front of the peloton and let your mates choke on your dust, then you want skinny tyres that come with a light frame, such as the Scott Foil 30 – it's nimble, aerodynamic and stiff, giving you a smooth and fast ride. **R38 000, scott-sports.com**

02



2/Rocks 'n Roller

Knobbly tyres are for riders who enjoy getting dirty in the trenches and nailing gnarly trails. Check out Momen, a popular South African mountain bike brand, which makes entry-level bikes like the **Momen AL229 (R10 250, momenbikes.com)**



In his autobiography, *Boy Racer*, he wrote that he was written off as fat and useless in his youth - and that drove his hunger for success.

What can Cavendish teach you about success? Be furious. Tap into your anger: when your legs start to give up and your chest is about to explode, your fury will separate you from the part-timers taking a breather at the bottom of the hill. Cavendish has shown that success doesn't have to be pretty. Sometimes it's screaming *Fuuuuuccck* as you power towards the finish line.

When he won his first TdF stage in 2008, becoming the first Brit to triumph in a bunch sprint since 1975, he laid the ghost of the "little fat kid" to rest. And now the bad boy of cycling has something to prove all over again.

That hunger still drives Cavendish as he pursues an Olympic medal. The Manxman may not have bitten anyone, but he has a sharp tongue and a reputation for being aggressive on the bike (his elbows have caused a sprinter or two to hit the deck during a race to the finish line). The peloton

protested against his behaviour after he was accused of causing a mass crash in the Tour of Switzerland in 2010. He has also angered some cycling fans - with one pissed-off spectator apparently drenching him in urine while racing in Normandy in 2013.

In November, just after signing a three-year contract with Dimension Data, Cavendish flew into South Africa with the rest of the team for a training camp. At one of the first functions to introduce the team, I accidentally stood on someone's foot. I looked up and found myself staring into Cavendish's face. I paused, preparing for an attack. After all, that Manx-a-Manx-ou interview hadn't ended so well when I mentioned that he'd made a few foes over the years. "Who are me foes?" he'd spat. The PR person who'd set up the interview thought the Manxman was going to slug me. And now, seven months later, I've gone and stepped on his foot.

I braced myself for a punch. But instead of balling a fist he simply looked me up and down and said, "Sorry."

Sorry? I'd trodden on *his* foot and he was apologising?

Over the next few days, social media lit up with selfies local riders took with a grinning Cavendish, with comments about how friendly and relaxed the great sprinter had been.

Taking out your anger on the road or mountain is one of the most effective ways to de-stress. The Isle of Man's most famous export may yet have something to prove, but he has mellowed. The Manxman is no longer fast and furious. He's just fast. **MH**

RIDE LIKE A PRO

THE WORLD'S TOP RIDERS ARE BLAZING TRAILS IN SA, AND YOU CAN FOLLOW THEM ON STRAVA, AN APP THAT CYCLISTS USE TO TRACK THEIR ACTIVITY. WATCH WHERE THEY RIDE, AND FOR HOW LONG, THEN TAKE 'EM ON



Jacques Janse van Rensburg

DIMENSION DATA, SA

Born and raised in SA, this rider has conquered almost every stretch of tarmac in the country. Best part? His trips range from 5km warm-ups to 80km gauntlets. Pick your pace and start pedalling.



Ben Swift

TEAM SKY, UK

The name says it all:

this guy is fast. The sprinter was drawn to South Africa for its sprawling countryside, and his routes will take you along rutted singletrack and up rocky climbs. You won't be matching his times (or even getting close), but it's okay: you'll have more time to enjoy the scenery.



Karl Platt

TEAM BULLS, GERMANY

A juggernaut on two wheels, Platt tackles every leg of the Cape Epic with dogged Deutsch efficiency. Unlike most riders, this guy operates at either zero or 100. Every route will test you mentally and physically, but conquering what this rider considers a cake walk will make you feel like a badass.



3/Urban Poison

As commuting becomes increasingly popular, many manufacturers are adding "gravel grinders" - bikes that can handle multi-surface riding - to their range. Cannondale's Slate, which is capable of going anywhere you can think of, is the ultimate commuter bike. **R48 000, omnico.co.za**



4/Express Ous

Next to a well-maintained beard, a fixie is a hipster's ultimate style accessory. Fixies are fixed-gear, meaning you have to pedal to move as you make your way from trendy coffee joint to trendy burger joint. From **between R3 000 and R5 000** - ask your local bike shop.

KEEP IT TOGETHER!

With space for any tool, power tool, bolt and binding, this toolbox is future-proof and will show your family you mean business next time something packs up.

Stanley FatMax Toolbox 28, R930 from
strandhardware.co.za

Do It Your Damn Self

The only tools you'll ever need to fix absolutely anything

01

HAMMER TIME

It's not just about the mallet – you'll need the pointy end to pry off planks and pull out stubborn nails. Your technique? Treat it like a golf swing: accuracy, not force, is your friend.

Stanley Claw Hammer (R159, takealot.com)

05

SPANNER IN THE WORKS

To get at problematic hardware, whether it's the washing machine or your car's engine, you'll need a full spanner set, like this one, to loosen the bolts. Mastercraft 11PC Metric Combination Spanner Set (R930, builders.co.za)

02

ANOTHER LEVEL

Skew paintings are not going to impress the missus. A spirit level will keep everything at the right gradient. This one's German-made – that's handyman code for accurate. Stabilia

Type 70 Spirit Level (R289, brights.co.za)

06

MAKE THE CUT

Cut wires, pull out damaged bolts or topple broken nails. Pliers can do anything, and a good set will be your lifeline. Maintain a full grip on the handles or they might snap.

Stanley 3PC Plier Set (R279, takealot.co.za)

03

HACK JOB

Cutting pipes down to size, or tackling your kid's school project, takes a quality hacksaw. DIY guru Bruwer Leykauf says push down as you cut forward and let up as you pull back. Grip Hacksaw

(R150, builders.co.za)

07

MEASURED APPROACH

The best-laid DIY plans start with the digits. Cock up a measurement and everything will come tumbling down (most likely that shelf you just put up. Over your bed. At night). Mastercraft 8M Tape Measure (R79, makro.co.za)

04

THE DRIVER

Don't skimp on the screwdriver. Leykauf says a bad set will strip your screws and blister-up your hands. Built for comfort and to last, this set fits the bill. Wera Comfort 6PC Screwdriver Set (R170, builders.co.za)

08

SOCKET SCIENCE

Loosened those bolts? This is the tool that will finish the job. A socket wrench doesn't need much elbow room and will pull out bolts at F1 pit-crew speeds. Topline 11PC Socket Set (R479, makro.co.za)

Get Your DIY On

1. Diagnose

What's wrong? Tap's stopped working? You need specifics – is the lever loose; are there any sounds where there should be water?

2. Google It

But stay away from those YouTube videos with a million likes – most of the time, someone dies. The smaller channels have the right handyman for almost any job.

3. Do the Prep

Map out exactly what you need – you don't want to be making return trips to the store because you forgot the damn screws.

4. Don't Skimp

Cheap tools will just let you down. A few extra bucks will prevent a DIY disaster, says Leykauf.

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STARTS
9th MARCH 2016

Don't Inhale Your Food

Why downing your plate is bad for your health

BY LILA BATTIS

SHE ASKS "Do you want me to ask the waiter for a shovel?" Translation: stop eating like a hyena over a zebra carcass. It's more than just unattractive – it's bad for you.

WHY SHE'S RIGHT Your mouth is leaving your digestive system in the dust. In general, your brain needs about 20 minutes to record that your stomach is full, says Eva Almiron-Roig, a dietary researcher at the University of Cambridge. Plus, inhaling your entrée prevents your tastebuds from fully registering the flavour. "When you chew more, the food spends a longer period of time in your mouth, and the intensity of its taste is higher than when you chew for less time," Almiron-Roig explains. In fact, a Purdue University study showed that people who chewed almonds 40 times before swallowing absorbed more satiating healthy fats than those who chewed 10 or 25 times.



HOW TO FIX IT Use a salad fork to limit the size of your bites. And whenever possible, choose foods that force you to recruit your chompers – steak instead of meat loaf, brown rice rather than

mashed potatoes, broccoli in place of creamed spinach. Your goal: no more than five forkfuls per minute. This rate correlates with that full feeling and a substantially lower calorie intake per sitting, UK

scientists say. Can't watch the clock and your plate at the same time? Match the pace of the slowest eater at the table. Or just check the expression on your significant other's face.



BODY BENCHMARK

Do You Have What It Takes to Be a Stuntman?

Insanity isn't a job requirement for the most dangerous work in Hollywood, but it might help. Several top performers with the Stuntmen's Association of Motion Pictures say a professional daredevil must be comfortable falling at least 15 metres from a window, driving a slalom course at 65 km/h in reverse, and enduring at least 50 punches in a three-minute simulated brawl. Needless to say, this is advanced stunt work. To see if you have the basic lunacy and fitness to be a daredevil, try to hit these benchmarks set by Eddie Fernandez, one of Hollywood's top fall guys. Ace them and you could get cast, instead of ending up in one. — LAUREN DEL TURCO

30

Number of seconds to hold your breath while thrashing under water. (Beating O₂ deprivation is also key if you're ever set afire in a flame suit.)

150

Total punches thrown into a punching bag in three minutes. (It takes fitness and coordination to learn fast fight sequences.)

13.7

Pace, in kilometres per hour, to maintain while running 8 kilometres. (You'll need serious cardio to nail Bad Guy Chase Scene, take 47.)



**Innovation
that excites**



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nissan.co.za

Where's Your Head At?

If music is life, your cans are your lifeline – make sure you're buying the best

01 MAXING OUT

Working up a sweat? You don't want your buds popping out and taking you out of the zone. An adjustable hanger keeps the Skullcandy Chops (R299, Superbalist) clinging to your ears, and moisture-resistant coating protects the electrical innards from the liquids of your labour.

03 SOUND INVESTMENT

You don't have to mortgage your home, ration your dinners and put your children to work to afford a robust pair of headphones. The Sennheiser HD205 Headphones (R800, Dion Wired) are pocket friendly but rival the big boys in sound quality. The drawback: they don't fold up and can crack under pressure. Suited to your home cinema, not your suitcase.

04 EMPLOYEE OF THE MONTH

Drown out the office drivel with the Bose QuietComfort 25 (R7 700, Digicape). Noise-cancelling tech will help you get more work done, or at least finish up a season or two of *Suits*. Put off by the price? These headphones will last a lifetime.

05 TRACK(S) AND FIELD

Running for sport or to the shops, you want to strike a balance between tunes and tactical awareness, so you don't end up as taxi fodder. The Plantronics Backbeat Pro Wireless In-Ears (R1 579, Superbalist) will let you hear what's happening around you, while delivering the best sound quality at this price point too.

02 FIRST CLASS

The jet-setter doesn't want to contend with errant cables. The Philips SHB4000 Bluetooth Stereo Headphones (R699, takealot.com) are compact and no-fuss, letting you listen to music wirelessly. Hit play, stash your phone and enjoy the ride. Plus, the 3.5mm jack lets you tap into the in-flight entertainment.

FUEL
YOUR

DRIVE

TO DESTINY

In partnership with Cristiano Ronaldo, **Herbalife24** has developed a new sports drink to fuel your workouts

What drives Cristiano Ronaldo to be the best footballer in the world? It's simple. "I just want to be able to play at the highest level my body will allow me to, for as long as possible," he says. That's why he's chosen to team up with Herbalife. "I held meetings with their doctors to discuss my nutritional needs, and they analysed my training," he says.

"They truly want to help my performance." Those findings formed the basis of CR7 DRIVE, a sports drink specially formulated to enhance hydration*, before and after a workout. Its mix of electrolytes and vitamins is designed to help drive Cristiano Ronaldo towards his destiny: to be the world's greatest. "I still have some of my best football to come," he says. "So I am focused on today, working hard, and achieving more and more success."



INTRODUCING

CR7 DRIVE

Sports Drink

Hydration for your
active lifestyle

#CR7DRIVE



CRISTIANO RONALDO
HERBALIFE-SPONSORED ATHLETE

HERBALIFE
24
NUTRITION FOR THE
24-HOUR ATHLETE

*CARBOHYDRATE-ELECTROLYTE SOLUTIONS CONTRIBUTE TO THE MAINTENANCE OF ENDURANCE PERFORMANCE DURING PROLONGED ENDURANCE EXERCISE. EUROPEAN FOOD SAFETY AUTHORITY SCIENTIFIC OPINION EFSA JOURNAL 2013;9(6):1221.

Save the Day

You have 150 hours of free time this month*. Here's how to be a hero

Batman vs. Superman DAWN OF JUSTICE

The Caped Crusader and the Man of Steel slugging it out on the big screen: what's not to love? And if Affleck fails to fill the Batsuit's black boots, Wonder Woman's cameos are a good consolation prize.

25 MARCH

CAPE TOWN CYCLE TOUR

Riders from around the world, from weekend warriors to pros, will descend on the Mother City for the globe's biggest timed cycling race. Missed out on your entry? Take part in the series of MTB races leading up to the main event. Visit capetown-cycletour.com for all the deets.

6 MARCH

VS.

ABSA CAPE EPIC

If meandering along tarmac roads is not your style, pedal off the beaten track and tackle the Western Cape's most gruelling terrain. Chasing across dirt roads, rutted single tracks, and through dense forests during this eight-day race will test you physically and mentally. But crossing the finish line will be the sweetest feeling in the world. Visit cape-epic.com to find out how to enter.

13 TO 20 MARCH

ICC WORLD TWENTY20

The blitz-cricket tournament returns to India. Last time the Proteas took on the hosts in their own backyard, we took the silverware. Tune in to watch history repeat itself – hopefully.

11 MARCH TO 3 APRIL



Hitman

Step into the shoes of a professional assassin, using your "very particular set of skills" to hunt and take down your target (all while avoiding getting blood on your tailored Italian suit). The series has never failed to entertain. Available on PC, PS4 and Xbox One.

11 MARCH

Sedgefield Slow Festival

After a week spent dodging deadlines in the office, you'll need a couple days to unwind. Your spot: the sleepy town of Sedgefield. You'll be kicking back, lazing on the beach, playing beer pong, or trail running to burn off the hamburgers you've been tucking away. Visit slow-festival.co.za for more info.

24 TO 27 MARCH

JACK DANIEL'S BOOMTOWN

Nine hours of non-stop partying headlined by Grammy Award-winning rapper T.I., this year's Boomtown festival in Joburg is the biggest yet. Get your tickets at boomtown.co.za.

12 MARCH

Online Easter Eggs

Distract yourself with these hidden gems



BRICKED Type "Atari Breakout" into Google's Image Search to turn your browser into a game of breakout.



HORSING AROUND Type "ponystream" into Hangouts to bombard that annoying colleague with ponies.



CHEAT CODES Hitting "up-up-down-down-left-right-left-right-B-A" will transform many of your favourite websites.



BASKET CASE Shopping online? Don't checkout just yet. Most websites will email you a coupon to seal the deal.

Serve Hot

Tired of dry chicken breasts and brown rice? Nutrition expert and fitness fanatic Cara-Lisa Sham has you covered with these plant-based, protein-powered hacks

1

Avoid protein bars – they're loaded with sugar. Instead, mix up a quick snack of cottage cheese, almond butter and a glug of honey.

2

Beat the bloat. Whether you're lactose intolerant or battling the bulge, pea protein is easy on your innards. Try Phyto Pro from Wellness Warehouse.

3

Change up your protein sources. Your kidneys are sensitive creatures, and they like variety. Don't look down on beans and seeds – they have unexpected benefits.

4

Snack attack. A single serving of almonds tops the charts with six grams of protein per serving, and cashews aren't far behind. Toss them in your smoothie or crush over your lunch.

5

Forget rice. Try quinoa. This protein-packed grain is versatile and great with any meal, whether in your homemade sushi or whipped into your pancake batter.

6

Go avocado-crazy. Smoother than butter, avos are also packed with protein and monounsaturated fatty acids, which work together to cut back fat.

7

Chia up. With 11g of protein per 2 Tbsp serving, a sprinkle of chia seeds adds flavour, crunch and power to every meal.

8

L-Glutamine, man. These supplements promote muscle recovery and will boost your digestive health too.



Quick Recipe

QUINOA PORRIDGE WITH NUT BUTTER

YOU'LL NEED

- 1 CUP QUINOA
- ½ CUP ALMOND MILK
- 1 TSP VANILLA EXTRACT
- GROUND CINNAMON
- GROUND CLOVES
- 1 TBSP MACADAMIA NUT BUTTER
- ¼ SCOOP PEA PROTEIN POWDER
- BLUEBERRIES

METHOD

Cook quinoa in a cup water. Add almond milk, vanilla extract, a little cinnamon and ground cloves, macadamia nut butter and pea protein powder. Simmer for 15 to 20 mins. Top with shaved almonds and fresh blueberries. *Serves 1*

Nail Every Interview

Landing your dream job is not about having all the answers – it's about asking the right questions

THE END OF THE interview is not the end of your game plan. You know that moment when your future boss inevitably asks you, "Do you have any questions?" Well, this is the only time the ball is truly in your court. What you do next will either seal the deal or kill your chances. So come prepared.

I've spent the better part of a decade quizzing my way into the hot seats of lucrative jobs, and I go into interviews armed with an arsenal of tried and tested questions. Commit these to memory; they aren't throwaway lines.

It's a way to guarantee that you have something to ask that will not only leave a lasting impression on the interviewer, but give you a better sense of what to expect when you're hired.

You want to be memorable, and a dud question isn't going to make you stand out. This list has been my secret weapon, and for you it's your ticket to nailing that next interview.



11/ How has the job been performed in the past, and what improvements would you like to see the new hire be able to implement?

12/ Which competitor are you most concerned about?

13/ What are the key achievements you'd like to see in this role?

14/ What do you enjoy most about working here?

15/ What is my future boss's leadership style?

16/ What is one thing that's key to being successful that somebody from outside the company wouldn't know?

1/ What do you see ahead for the company in the next five years, both realistically and ideally? And 10?

2/ How does this role help achieve the strategic goals of the company?

3/ I'm even more excited now than I was when I applied for the position. Is there anything that I've said, or haven't said, that makes you think I might not be a great fit for the role?

4/ What are the group's best and worst working relationships with other groups in the company?

5/ What are the most and least attractive aspects of this job?

6/ How is success measured in this role? What is the performance review policy and how do I make the most of it to ensure that I am doing the best I can for the company?

7/ What is the rhythm of work here? Is it consistent, or are there periods during the year where there are crunch times where we pull all-nighters?

8/ How would you describe the company culture, and if you could change one thing about the culture what would it be?

9/ What are the characteristics of people you have hired in the past, but who have burned out, failed or left?

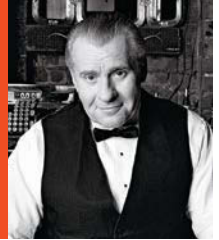
10/ Who are considered the heroes in this company, and what kind of characteristics do they have in common with one another?

Power Play

Body language is not just about sitting up straight and maintaining eye contact – the real posturing happens before you even step into the room. A Harvard Business School study found that striking a "power pose" – standing with your hands on hips and your legs apart – lowers stress levels. The result? Candidates who struck a pose were 20% more likely to land the job.

JIMMY THE BARTENDER

Straight up advice on women, work and other things that screw up men's lives



My boss has a pretty serious drinking problem, but nobody seems to be saying anything to him. Should I do something?

Only if he's reaching for your car keys. You think you're the only one who can see what's happening? Believe me, somebody further up the food chain has been watching you and your boss and thinking, "Know what? Let's keep paying the drunk guy more money than the sober bore." I say just do the job you're paid to do. The Jimmy Law of Gravity says everything eventually falls into place. If for your boss that means facedown across the desk every day after lunch, then somebody whose job it is to notice will notice.

My wife is pregnant, and it's dawning on me that my favourite traditions, like weekend golf, may soon die. How can I preserve some status quo?

Take a picture of it and put it on that stupid Facebook page you're always wasting your time on, because when the new guy (assuming here) arrives, you'll be happy to go from being a mediocre golfer to being a brilliant quick-change artist who can do a one-handed Huggie without spilling the sippy cup. Welcome to the real world, buddy, where there's time for golf and babies. The only way your life is going to change is for the better. And noisier. Oh, and one more thing? Don't ask your wife this question.

My best pal and I always fight about politics... especially about anything that must fall. How can we ensure there's no bloodshed?

Here's a plan: your buddy starts talking about protests, and you deftly change the topic from his stupid political views to his stupid religion. There's no "debate" going on here; it's just racket and I hear it all the time. Me, I can always walk down to the other end of the bar. So walk with me. You'll never convince your pal to say "Yeah, you're right," because all you're really trying to do is make yourself feel better at his expense. If that's what you're after, just ask him to buy the next round.

My father-in-law is always nudging me and whispering comments when hot women walk by. Is he testing me?

I suspect this has less to do with you than you think. Some guys just can't help muttering the obvious: "nice left hook," "strong backhand," "great-looking woman". He's probably one of those geezers who's always making an inventory of his observed universe. But it sounds like you're worried he's testing your character. Nah. He's testing his own, checking to see if he's invisible to women yet. He deserves your pity, not your paranoia.

Jimmy calls BS on... shots

The distinction between enjoying a drink and doing shots is like the difference between a nice drive along the coast and doing doughnuts in the parking lot. I see these guys tossing back rotgut and I know I might as well be pouring them hand sanitiser. I have no problem charging a few bucks for a splash of my worst booze. Just one request, okay? If you're going to order shots, don't bully people into joining your sloppy-drunk club. Gulping booze while somebody hurls in your face isn't everybody's idea of fun.



BODY BENCHMARK DO YOU HAVE WHAT IT TAKES TO BE A MALE PORN STAR?

Having sex for a living sounds like every man's wet dream. But you need more than a stiffy and a silly porn name to land a spot on the casting couch. Male stars must be well endowed and complete a sexathlon of erotic feats on demand, says industry vet Adam Glasser, who runs the Seymore Butts production company. If you meet the five prerequisites below, Glasser says, it just might be time for you to nail your own role.

— ERIC SPITZNAGEL

23

Minimum penis size, in cm, when erect

2

Maximum time (in minutes) to achieve erection

90

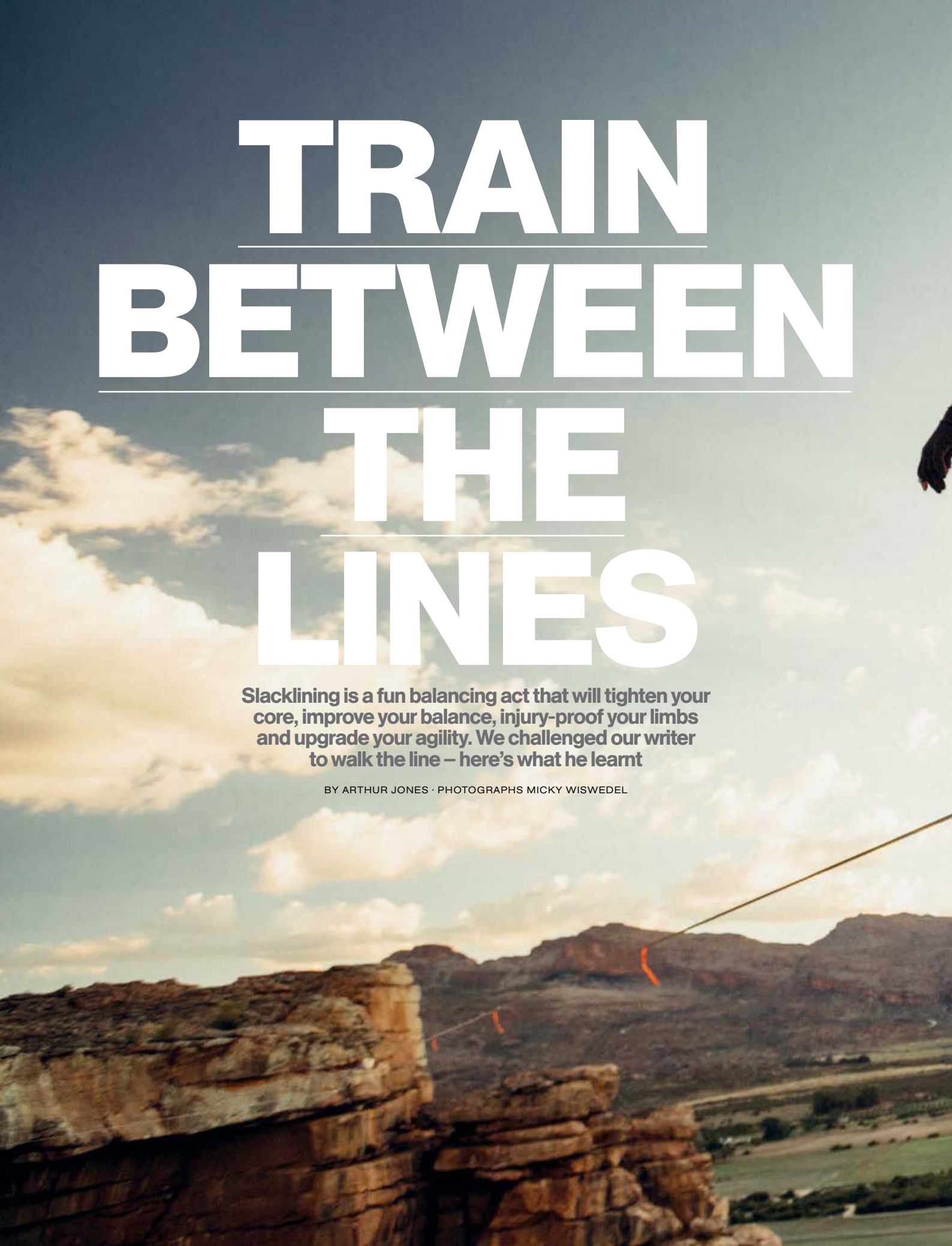
Minutes of continuous arousal during sex

4.75

Tablespoons of ejaculate per session




Follow Jimmy on Twitter
@MensHealthJimmy

A dramatic landscape photograph of a canyon with a slackline stretching across it. The scene is captured at sunset or sunrise, with a sky filled with soft, golden clouds. In the foreground, there are rugged, layered rock formations. A thin, dark line (the slackline) stretches diagonally from the upper right towards the center. Small orange flags are visible on the line. The overall mood is adventurous and serene.

TRAIN BETWEEN THE LINES

Slacklining is a fun balancing act that will tighten your core, improve your balance, injury-proof your limbs and upgrade your agility. We challenged our writer to walk the line – here's what he learnt

BY ARTHUR JONES · PHOTOGRAPHS MICKY WISWEDEL



Local legend Sylvain Burki shows his slacklining skills high above the Cederberg at the annual Rocklands Highline meeting.

#MHCHALLENGE

2016

I

I'VE NEVER BEEN CALLED

Twinkletoes. I've eaten concrete, gravel, sand and even boxing canvas in more faceplants that I care to remember. But even saying that, I don't

consider myself clumsy. Those falls, scrapes, and pains are occupational hazards (and the fact that my mind is sometimes too ambitious for my body). I view my balance skills and coordination as good, or at least average.

That all changed when I tried slacklining. It's like tightrope walking (strangely also known as funambulism), but with a wider nylon webbing that has less tension, and more sway and bounce. After watching the pros move fluidly on these lines, I was impressed, and also surprised by how easy it looked.

But after stepping barefoot onto a slackline for the first time, my weight-bearing leg did what can only be described as a frenzied fit, vibrating enough to make my teeth chatter and the line look like a heart rate graph.

That lesson taught me that balance isn't something you're born with; you need to train it regularly, just like you would to build speed, strength and power. Even though it's something that happens subconsciously and instinctively, it gets neglected. It has plenty of benefits besides the obvious: you'll be able to lift more, for longer, and your sporting performance will improve. It'll even help you to stay injury-free. "The various physical benefits of slacklining are starting to emerge in the scientific literature with good evidence to support its use in both rehab and high performance conditioning," says Nick da Silva, a biokineticist and slacklining

expert (ndsbiokinetics.co.za) who has had major success with training clients on slacklines and has worked with various athletes from golfers to kitesurfers (see him in action on the following spread). "A 2013 study in the *Journal of Science and Medicine in Sport* showed phenomenal results in postural control and enhanced functional knee joint stability in those training on the slackline for only four weeks."

In most cases, men spend their day sitting, and when we do exercise, we focus on too many repetitive movements or vanity muscles. Those factors are kryptonite to your agility, posture and range of motion. "These days fitness trends are geared towards movement and what the body can do, as opposed to how it looks. You see a lot more people engaging in things like parkour, primal movement patterning and gymnastics," says Da Silva.

1

There are different kinds of slackline

The three main categories of slacklining are highlining, tricklining and longlining. The first is the most difficult – the higher the line, the more courage required, and you wouldn't want to try it without a safety harness. Tricklining involves a line no more than 1.5 metres high, and wider webbing, which makes it good for beginners. The third category is the marathon version: a long line can be up to 250m long, with thinner webbing and plenty of sway. They all require fixed anchors – trees, rocks or wall points – and the height and length can vary. Slacklining is very different from tightrope walking, as the tightrope is thinner and normally has a rounder shape, while slacklining uses flat, nylon webbing roughly 2.5cm wide. There's also no balancing pole (you use your arms for counterbalance) and the line has more slack for bounce and stretch – it's this instability that offers a unique, dynamic balancing challenge.



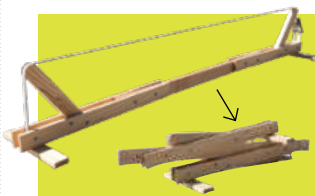
Walking is just the beginning

Imagine you're a toddler – finding your feet is just the start of your adventure. You can increase the difficulty of slacklining by trying highlining (you'll need balls of steel) and tricklining offers a good way to factor in muscle-building benefits and a variety of core challenges. (Check out our moves in the sidebar). A 2011 study published in *Sports Medicine* suggested that balance training, like the vertical jump and shuttle run, improves markers of pure athleticism. The same study showed that what sets elite golfers and soccer players apart from less-proficient players is, wait for it... balance. So if you're looking to take your performance up a notch, focus on enhancing your equilibrium.



Your new secret weapon: proprioception

It's a fancy word, but it just means your awareness of your body in space. And it's not just for circus performers and huge paycheck-earning athletes: it has plenty of practical use for the average man. Its Latin roots translate as "sense of self", and some experts like to call it a sixth sense. If you close your eyes, it's what unconsciously tells you where your different limbs are in space, every second of every day, thanks to a collection of info from different sources: your inner ear, your ears and sensors in your skin, muscles and joints. These are known as proprioceptors. Activities that improve balance (such as single-leg drills or walking on a slackline) train the brain to respond better to proprioceptive feedback. Proprioception isn't something that you learn once, like riding a bike; it's a sense that has to be trained regularly. It declines when muscles are fatigued, and your form predictably falls apart – so actively focusing on your proprioception while training can also help you avoid injuries.



KITTED OUT Pick Up the Slack

I got a 15m Firestarter Skeleton kit (see right) to use at home, but you may start seeing more Studio Slack (left) products in your local gym. It's a smart, fold-up slackline unit that's perfect for rehab work. Both are great for improving your balancing skills. R5 900 slackgear.co.za

4

It's a mental and physical combo

You'll build new neural pathways, improve the relationship between muscles and nerves, and teach your body to control involuntary muscle movements. Think of it as a complicated muscle orchestra of stimulation and action, and you become a better composer. A 2012 German study showed that just two sessions of balance training caused the brain to develop new grey and white matter and permanent adaptations. "Slacklining allows you to reach higher levels of awareness with regards to movement," says Da Silva. "It has a creative element to it, and is best experienced outside. It's not like traditional training - you're having fun and learning to establish sensitivity in your movement patterns - which I find is a key element to educating clients and broadening their movement vocabulary."

5

Improve posture, protect your joints

Research in the *Scandinavian Journal of Medicine and Science in Sports* revealed that after just four weeks of slackline training, subjects showed improved posture and reflex control. This was backed up by a case study in the 2013 *Journal of Science and Medicine in Sport*, which showed that not only can slacklining improve your posture, it can also enhance knee-joint stability, as it helps to improve the way the muscles around your knee fire. Tears, sprains and breaks are most often caused by movement errors - like an ankle sprain, which is usually the result of an awkward landing. A study in the *British Medical Journal* looked at athletes who'd suffered an ankle sprain: those who did single-leg balance drills had a 35% lower risk of another sprain in the following year. Training your proprioception, by stimulating both your sensory receptors and your brain, could help you prevent that first injury.



FIRESTARTER SKELETON Start Here

If you're an experienced slackliner, there's a 35m option too. R890 (for the 15m option) slackgear.co.za

THE BALANCED APPROACH

7 SLACKLINE MOVES WITH BIG BENEFITS



1/ Beginner

SINGLE-LEG LINE PRESS (SLLP)

1. NEUTRAL PHASE Start with one foot on the line (line running down the centre of the foot), the other on the ground. Your knee and hip of the leg on the line should be bent at roughly 90 degrees. Once your torso is upright and you have control of your leg, press down into the line.

2. PRESS PHASE Once the line leg is fully extended and you are standing, challenge yourself by trying to swap legs on the line.

3. SINGLE-LEG BALANCE PHASE After holding a balanced stance for a few seconds, ground the stance leg.

4. ECCENTRIC PHASE Finish off by eccentrically controlling the line back into the neutral position at the start.

TIP The slower the movement in and out of all phases, the more bang for your buck. Everyone shakes and wobbles in the beginning, but your body will learn to control itself soon enough.



TAKE STEPS

Once you've got your balance right and can generally perform 8-10 good stable reps of SLLPs, then move on to putting one foot in front of the other and making strides. The goal is to find and maintain a balance between tension and relaxation by walking from one end of the other and back, known in slacklining circles as a "Full Man". The body should be soft and receptive to postural readjustments.

TIP Generally focusing on a distant, fixed object helps with balance and proprioceptive feedback.



2/ Intermediate

HALF-TURN

The Half-Turn is an exercise performed on the line, and involves transitioning from one direction to the opposite direction (a 180-degree turn). If you can walk to the end of the line, perform a half turn and walk to the other end of the line you can pat yourself on the back. This is known as a "Super Full Man".



THE CHONGO

The Chongo is an movement that allows you to quickly transition from a seated to a standing position. Beginner to intermediate slackliners will generally try this move when getting onto the line. Start by sitting on the line, torso facing forwards with one foot on the line at roughly a 45-degree angle (the other leg dangles as a lever). With your opposite hand on the line, rock up onto your foot and stand, as you simultaneously bring the other leg onto the line to assist the transition.



3/ Advanced

L-SIT ON SLACKLINE

Start seated in the centre of the line with hands on either side. Like an ordinary L-Sit, hold your body weight with the hips flexed and legs straight. If this is too challenging, bend the knees at 90. Hold for 10 to 15 sec.



WALKING LUNGES

Perform a full-depth lunge alternating on every step. Focus on keeping your chest up and knees tracking outwards the whole time.



4/ Bonus

LINE SURFING

Create lateral momentum (as if you are surfing) while maintaining forward motion.

THE WEAKNESS REVEALER

Test Your Balance

Bill Hartman, physical therapist, strength and conditioning coach, and co-author of *Muscle Imbalances Revealed*, recommends this quick test: stand on one foot and lift the opposite knee to hip height. Hold that position for 10 seconds and repeat on your opposite foot. Then try the test with your eyes closed. If you fall or if your raised knee drops, your balance is off, making you more vulnerable to injury.



*In Memory of Sylvain Burki

Sylvain, a pioneer in the South African slacklining community and master of the sport, was a passionate and expert highliner, longliner, and founder of SlackGear. Designing, testing gear, rigging, and sharing his knowledge formed only part of his huge contribution. Tragically, he passed away last year. He was much respected for his humble and generous ways, and is dearly missed by all who knew him. His vision for SlackGear continues with the help of his partner, Charmaine, also a highliner.



Surrender

The mark of a real man:
knowing when to wave
that white flag

BY DARREL BRISTOW-BOVEY · ILLUSTRATION BYRON GRAPER

I HAVE A FRIEND WHO OWNS A RESTAURANT. I DON'T KNOW WHY PEOPLE own restaurants - they are machines designed to break your heart. They're hard work and drain your money and time and your reserves of goodwill to humanity, and most of them instantly fail. Owning a restaurant is like buying a boat that you have to spend twelve hours a day polishing, trimming and de-barnacled and that will probably sink before next summer.

Still, my friend's restaurant didn't fail. It thrived. Word spread and people flocked; every night there was a buzz of patrons and conversation, lots of laughter and wine, good money flowing in. Hurrah! A restaurant success story! Well, except for the fact that human beings are fickle and restaurants are entropic systems in a perpetual state of imminent thermodynamic decline. After two years of success, business started dropping off. Nothing had changed, service hadn't slipped, but people started going somewhere else. He tweaked the menu, introduced specials, marketed more, tried things ... nothing worked. Some months it seemed to pick up a little and he thought the tide might have turned, but month on month, year on year, there was no denying the trend.

At first the restaurant was making money, then it was breaking even, now it's costing him. So what should he do?

I talked it through with him one night after closing time with a bottle of wine. If you can't sell, you have to close, I told him. You've made back your initial investment. If you get out now, you'll be pretty much where you started. It's not great, but it's not the end of the world. If you keep going, you'll lose everything.

"Unless I can turn it around," he said.

"Do you think you can turn it around?" I asked. "I mean, obviously it's possible. But is it likely? What do the odds say?"

We drank more wine.

"I've put everything I have into this place," he said.

"I know."

"A man doesn't just quit when the going gets tough."

And right there, I knew this was the thing that would destroy him.

W

WE GET TOLD FROM A VERY EARLY AGE: DON'T GIVE up. Our dads tell us, our moms tell us, society tells us: a man doesn't quit. When the going gets tough, the tough get going. The only failure is quitting.

That's a lesson we get taught through sports: you keep trying to the bitter end. You go down fighting. And when it comes to sports I fully agree. Like everyone else, I'm more proud of Faf and AB trying to block it out in Delhi to try extract a fighting draw against the Indians than I am of an easy win over New Zealand or Zimbabwe. I'd rather pick a guy who shows heart in defeat than a far more talented player who folds in adversity. Sport teaches us that quitting is the worst thing you can do, and within the bounds of sport it's telling the truth, but it's one of the ways that sport is a really terrible metaphor for life.

Sport contains all its consequences within itself. It's a fixed event with fixed bounds and within those bounds the result is all that matters. When you're playing sport, that's all you're doing and all you can be doing, so all that matters during that time is winning, losing and how you play the game. But real life isn't that simple. In real life doing one thing means not doing some other perhaps equally valid thing. The decision you make to do this thing or that thing ripples out in consequences that affect all the areas of your life.

Even in the world of sport, the injunction to never quit only holds until real-life consequences start to intrude. If Dale Steyn tweaks something halfway through the first Test, I don't want him to grit his teeth and keep bowling, even if that test is heading for a draw and staying out there will jeopardise his fitness for the rest of the series. If a boxer is taking a bad beating halfway through a fight he's not going to win, unless I'm a pretty shitty human being I'm not yelling at him to keep getting up off the canvas to face more battering that could seriously injure him.



I REMEMBER ONCE HAVING TO RUN THE SCHOOL CROSS-COUNTRY FOR my house when I was thirteen. I'd had flu all week and didn't feel great, but I was well enough to be back at school so I had to run. Even without the flu I wasn't the nippiest out there, and within twenty minutes I was coming last, and becoming further last by the minute.

"Don't give up!" yelled the teachers and parents along the route.

"Keep going, my boy!" yelled my mom.

I wanted to impress them, and Sandra Surgey, so I didn't give up. I kept going. The school clapped as I staggered in through the gates, stone last, and tottered around the field for the final lap. I stopped halfway and threw up. On the final straight I vomited again. Over the line I collapsed and lay retching while half the kids snickered and the other half gathered around the winner. Doctors nowadays will tell you about doing possible long-term damage to the fibres of the heart by over-exerting after a dose of flu. Was Sandra Surgey impressed? No. Was she somewhat put off by my coming last and throwing up in front of everyone? Oh yes. Nope. Am I pleased today that come what may I didn't stop? Hell, no.

Steve Jobs made it because he didn't give up, but imagine all those guys who aren't Steve Jobs and never will be, who could be finding satisfaction elsewhere but are instead wasting their lives sitting in their garages, hunched over their invention like a gambler at a blackjack table, not quitting, getting older and sadder and more perplexed. Sometimes, in real life, it's appropriate to stop doing what you're doing when doing it is placing you or your family or your resources in danger. That's not being less of a man; that's being a man who knows how to weigh priorities.

But it's easier said than done. I'm particularly useless at this. Sometimes I quit things too soon, before I've even had a chance to fail at them, which just means I have to waste emotional energy feeling bad about it and then waste time again trying to get back to the same point I was at before. At other times I haven't quit soon enough, but it's only later that I can figure out which mistake I've made.

I

I'VE NEVER REGRETTED ENDING A RELATIONSHIP. through my adult life I've been in a number of committed, monogamous relationship that didn't end in marriage. Sometimes I ended it, sometimes she did. A lot of people in my life spent a lot of time telling me that I lack seriousness, that I walk away too soon, that I need to show some stickability or I'll end up old and alone.

But every relationship has ended for a good reason - because I wasn't ready or she wasn't, or we weren't suited, or because we would go on to be much better friends than we were lovers. But there once was a relationship I was serious about, and that time I did finally listen to all those people who were telling me to stick with it.

I stuck around and stuck around, even when it went bad and it seemed clear that it wasn't going to work. Finally she left and that should have been the end but then she came back and I took her back. I felt good about myself because I was hanging in there, I wasn't giving up. I was a man.

We spent another year together. It wasn't a bad year but it was a wasted year. We both should have been elsewhere, doing other things, making different mistakes. She's a good woman, but of all my ex-lovers, she's the only one with whom I'm not friends, and I suspect it's because of the twelve months we wasted not quitting.

Because that's the thing about the real world - the time you spend doing something is time you can't spend doing something else, and we each only have so much time in which to figure out how to be happy.

I don't know what the answer is. Some people succeed because they didn't give up, but also because they were doing the right thing, and they got lucky, and a thousand other variables, and sometimes it still doesn't make them happy, and for every success story there's a million fretting failures. Sticking to something is a good, admirable quality, but it can also be self-destructive and dumb. Either way, it's manly. I worry about my friend with the restaurant, and I wish he would realise that there are many different ways to be manly.

MPH

”
**Am I pleased
today that come
what may,
I didn't stop?
Hell, no**

IF SPIDERMAN
HAD A HERO,
HIS NAME
WOULD BE
CALEB.

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Real Life Success Story

Rap on the Knuckles

Jack Parow's famous lifestyle left him fat, unhealthy and struggling to perform on stage. A boxing charity challenge helped him lose 35kg and make his comeback

BY ARTHUR JONES · PHOTOGRAPHS BY ANGELOS KONSTANTINOU

LARGER THAN LIFE. His oversized caps, costume bling, signature braai sauce, handlebar moustache – everything about Jack Parow is over the top. Whether or not you like his unique, leopard skin-covered brand of Afrikaans rap, the man is a talented entrepreneur. Beneath the stage persona is sheer determination: he works incredibly hard on his albums and his stage offering. And it's paid off: Zander Tyler is a real-life media mogul who owns a music label, has a few acting credits and a model girlfriend in Jenna Pietersen.

Even though his lifestyle is something all men would envy, it was some of the trappings of his rock 'n roll lifestyle which caught up with him. The constant touring, partying, fast food and lack of exercise led to him becoming fat. And not just overweight, but Elvis-type fat, and it was starting to affect his signature high-energy stage performances.

His real redemption came in the form of a boxing charity challenge, where he was pitched against local celebrity Karl Ahari (real name Charles Tertius). He trained daily with some of the best trainers, and won his fight – but more importantly, he lost his gut, became fitter and got his health back. Here's how Parow boxed clever, and ended up in the best shape of his life.

Less Sport, More Waistline

I was active when I was young, did a lot of sports, but that all stopped when I started partying and my began music career. When I was in school, I ended up playing rugby for the first team. I bulked up for the rugby and lost most of the fat, but once I left school it was all about fast food and brandy, and no more sport.

I only realised how bad it got when I started having trouble at shows and got really tired. My sets are always high-energy, and I was struggling. My first step in the right direction was to stop smoking. It's been nearly two years since my last cigarette. Then I focused on what I was eating. It's very difficult to eat healthily with all the travel I was doing. I stopped drinking brandy and cola, and now I just have Jägermeister and water. That wasn't just for the weight loss; it also helped with having fewer *babbelase*.

Then I started running, but that didn't last long – a guy who was running on the same route as me was robbed by a guy with a butcher's knife. So I had to find other ways to get fit, and I went back to the things I enjoyed. I started playing touch rugby, bodyboarding, action cricket and golf, but it wasn't enough.

My Motivation: Not Getting Hit in the Face

I was on the *Expresso Breakfast Show* and I spoke to one of the presenters there, and he looked like a guy from *300* so I asked him what trainer he used. He introduced me to Bruce Benjamin, and he started training me and he signed me up for a charity boxing event, which is actually the best thing that could have happened as I'm pretty shit at motivating myself. I find excuses easily to skip doing things that are tough. So this was a good goal for me – it threw me into the deep end. If I didn't train properly, this guy was going to hit me in the face.

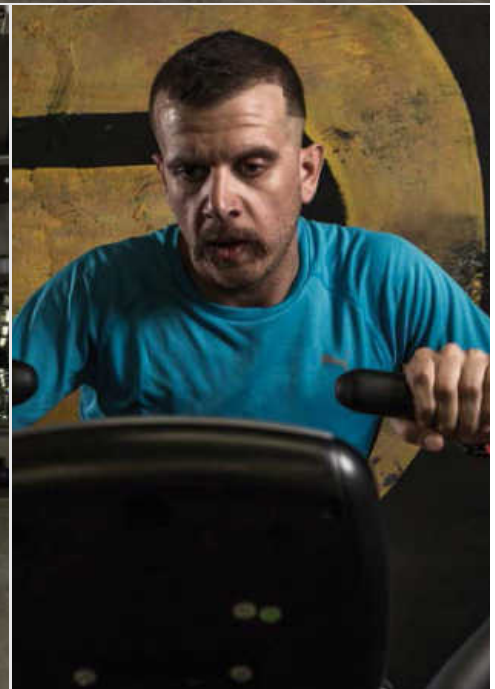
Bruce also helped me with my eating plan, and even though I tried a few different types of diets, we ended up with a plan that was sustainable and right for me. There were no drastic changes (because that never works in the long term) and I actually enjoy eating on this plan. I'm Afrikaans, so I enjoy eating meat. But now it's all healthy stuff, like egg-white omelettes. It's like a Banting diet, but without all the extra fat. I don't eat refined carbs anymore, as it makes me bloated and tired as hell. I also went to Adam le Roux, who is a strength and condition-



Parow's training formula is a mix of boxing drills, strength work and HIIT

I'M PRETTY SHIT AT MOTIVATING MYSELF. SO THIS WAS A GOOD GOAL FOR ME – IF I DIDN'T TRAIN PROPERLY, THIS GUY WAS GOING TO HIT ME IN THE FACE

ing coach and boxing trainer at Switch. Then I started training full-time at Switch, as my home is nearby and I like their gym. I met all these guys here at Switch, and now still train full-time with Adam.



Eating Right is Even More Important than Training

You want something that fits your lifestyle, and doesn't need you to make drastic changes. The more you don't like what the diet needs you to do, the less likely you will stick to it for a long time. You also need to visit a dietician or a nutritionist. I did a blood-type diet analysis and that was my starting point to understanding what I need for my body. Those results suggested I should avoid too much red meat, sugary drinks and heavy booze, which obviously were all big problems for me. I took all of this info and then made my plan. My girlfriend was a big help: she showed me how to eat better, and encouraged me to stop eating crap. I love biltong on the road, as it's only the really healthy snack you can get at

most petrol stations and convenience stores while touring. Before, it was all chocolates, pies and chips. I also learnt to cut down on fruit, as most fruit has a lot of sugar. You need to teach yourself about dieting. You don't have to become this hardcore gym dude, but you do need to learn more about what you are eating every day, and how it will help with what you are doing in the gym. That's when you will start feeling *lekker*. It means you can start living your life how you want.

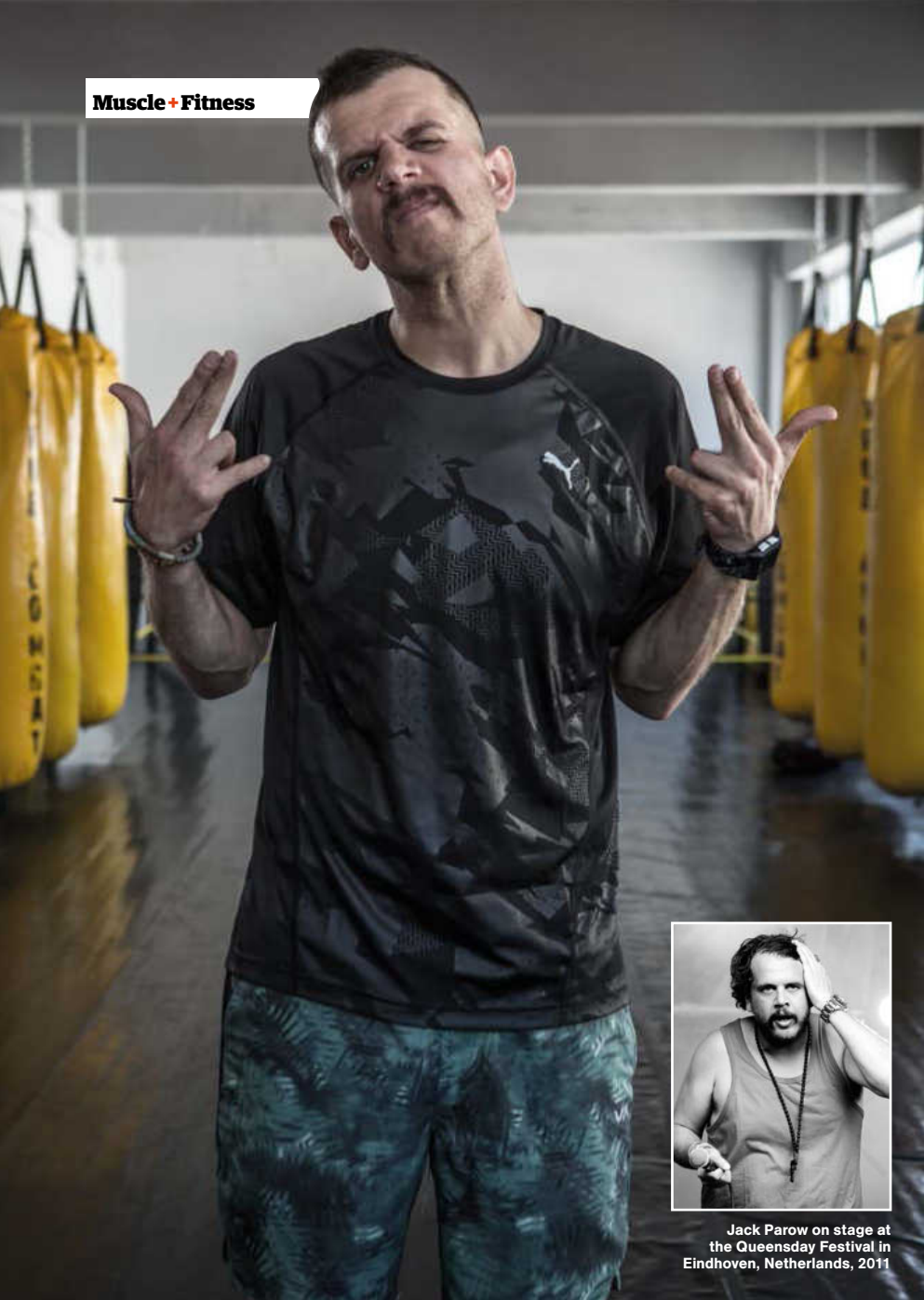
Focus on Learning New Skills

I have never fought before or done boxing. I've been *klapped*, but I have never been the one *klapping* someone else. I now know how to take a punch and how to throw one. I knew nothing.

The amount of training stuff I learnt is almost endless. Using battle ropes, kettle bells, heavy weights... it was all new to me. When I went to gym before all this I would cycle or run on the treadmill. Bruce helped explain some of the machines and equipment when I trained with him, and Adam helped with the proper conditioning and boxing technique.

Fight for the Right to Party

I party like I always have - *helluva* hard - but now I counteract it with the right eating plan and training. I have much more stage energy, a million times more. I've seen some photos of me on stage from a few years back, and I didn't realise I looked that bad. I had three chins! Now I can't recognise myself in there.



Jack Parow on stage at the Queensday Festival in Eindhoven, Netherlands, 2011

Fat Isn't Just Physical

I was bullied at school because I was overweight, and it was something that stuck with me for a long time. It was an underlying issue for me without even knowing it, but now that I lost the weight, it has improved my confidence and helped me get past these old issues. It feels like I have lifted something that has affected me for such a long time.

Make it Consistent

Even though I'm done with boxing matches, I'll still keep training at Switch. I'm also going into a hectic time in my schedule, with travelling on the road and working on my album. The funny thing is now I miss my training when I don't do it, which is crazy - before, I hated it. It just makes me feel good, and it gets rid of all the toxins and crap in my body. After a tour, I'll go on a Monday and I feel 10 times better. So even with all the hectic album work, I would like to make time for at least two sessions a week.

Find Your Niche

I love boxing training now. It's better than everything I've tried before. It gives me everything I want out of training and what I look for. There's nothing better. I've tried running and other sports, but I stayed flabby and unhealthy, and boxing is what helped me out of that pattern. I have spoken to people about my weight loss, and they also all love boxing. It just works. And you don't have to *klap* anyone!

Learn to Train Anywhere

I train on tour with exercise bands. You can use them anywhere and they aren't heavy to carry. But my shows are always high-energy. I have still never sweated as much in a workout as I have when I am on stage - it's a proper workout, so that also helps provide exercise when I'm on tour. I stick to eating right on tour, and then give it everything on the stage. **MT+**

FAST NOTES FROM THE COACH

ADAM LE ROUX IS A BOXING TRAINER AND STRENGTH AND CONDITIONING COACH AT SWITCH, WHO HAS BEEN BOXING SINCE THE AGE OF 6 AND HAS REPRESENTED SOUTH AFRICA IN BOXING AT THE OLYMPICS

"I've trained and worked with some of the best trainers locally and internationally and I've taken knowledge and skills from all of them to create my own little training toolbox. I can now cater for all size and skill levels, and tailor the training to suit their goals," says Le Roux. "Most people think boxing offers one kind of fitness with specific benefits, but it actually gives you all the fitness fundamentals and has great crossover benefits. It conditions you to be fitter and stronger, and it's great for your core."

1/ Flexibility was a Serious Issue

"Zander lacked flexibility and wasn't supple at all; we had to work on that in the beginning. His range of motion was really bad and he wasn't able to train functionally because of that. But he was persistent; he came in every day and put in the work. He never missed a session; even if we had to fit it into his schedule, we made it work. Once we improved his flexibility, we worked on his strength, and then focused on his conditioning."

2/ Parow Power

"I knew he had plenty of power because of his rugby past, so I had to channel that, and work on weaknesses. Sparring was great for conditioning and weightloss, and it was where I could get him ready for the match. It was a quick way to learn, as he instantly knew when he'd thrown a good punch. We still use boxing to keep him sharp and fit. He loves hitting the pads and hitting me! But I also want to sculpt his body and do more weights, and specific metabolic work."

3/ Portable Training

"Zander travelled overseas a few times during the training, so I would film myself doing exercises and then send it to him. We used a resistance band tool with handles called the Versa 8, and you can use it to do almost any kind of exercise. It's all you need in a travel bag. You can latch it onto a hotel door, and then I got him to do moves like lunging punches, rows and curls. I wanted to keep his heart rate up so he was always burning fat."



LOST
10KG

4 LESSONS TO LEARN

- 1 If your extra weight and previous injuries cause pain while jogging, start with indoor cycling.
- 2 If you'd like to learn more about this high-fat, low-carb diet, visit realmeal-revolution.com
- 3 Daily core work has been proven to improve posture, decrease injury risk and speed up your metabolism.
- 4 For best results, match your cheat day with your recovery day. And make sure you get enough protein.

diet. So I went on a high-fat, low-carb diet and lost 5kg in one month. I was amazed at the results. The only problem was that I had no definition and no muscle at all. So I took the advice of a few personal trainers and started eating healthily. I started off every morning with some oats, or eggs on brown toast, and then for lunch and dinner I had chicken, meat or fish with vegetables or salad. I went to the gym and worked out six days a week for about 45 minutes non stop. There was little rest, and plenty of super sets. I also did **core work**³ every single day.

The Reward / I've gained so much confidence in the last four months that I thought to myself: I can start helping other people do the same. So I have a list of people following my guidance and hopefully they'll benefit from it. I jog every morning without any pain and just enjoy feeling the road under my feet.

The Result / I lost 11kg in four-and-a-half months. I then went on to gain 1kg in muscle mass. I can't tell you how much it has changed my life and confidence. I'm happily on the health train and I love the healthy eating vibe. The basic rules of my eating plan: no white bread, no sugar, and very low amounts of alcohol. **Cheat days**⁴ are the best and when you cheat - go big. My advice would be never stop exercising because the biggest failure in life is to stop trying. Keep your head up and never give up.



The Belly Off Club

Model Behaviour

Roché Kilian lost 10kg to transform himself from an amateur model to a ripped, successful pro. Here are his secrets.

BY ARTHUR JONES • PHOTOGRAPH BYRON KEULEMANS



AGE
24

LOCATION
Port Elizabeth

OCCUPATION
Senior Sales Exec

HEIGHT
1.9m

WEIGHT BEFORE/AFTER
97g / 87kg

TIME TO GOAL
4.5 months

The Gain / As a kid, I was always reasonably lean. I love sports, and was always doing some kind of activity, whether it was rugby, cricket, golf or athletics. But all that stopped in 2015 when I started a new job that had one little change with a huge consequence - there was no strict lunch hour. That means I didn't need to eat lunch at a certain time; I could eat when and where I liked. As a result I ended up constantly eating take-aways. This nasty eating habit was made much worse by the fact that I had also stopped going to the gym. This meant that in August, my weight shot up to 97kg. And I couldn't lie to myself - none of it was muscle.

The Change / Coming from an active background, I was shocked at how the extra weight affected me.

Even **jogging**¹ became extremely hard, and my knees couldn't handle any longer distances because of past injuries. I was asked to model in a fitness shoot, and I knew I had to lose some weight first - I had no clue then how bad it was, I still thought that I didn't look that bad. Then I took a photo of myself to send to the photographer - and I was shocked at how bad I looked. I felt so disgusted with myself that I told the agency that I'd rather send a photo through the next week.

The Strategy / I started doing research on the internet - because Google knows everything - but all those basics were things that I already knew. So I spoke to friends who had lost weight before, and they all said I should start the **Banting**² diet. Before then, I had no clue what Banting was and I didn't believe a word they said until I saw a colleague of mine lose a lot of weight using the



Email your weight loss and personal success stories to tellmh@media24.com. The next winner earns a Reebok RealFlex apparel hamper worth R3 000, including ground-breaking running shoes. Visit reebok.co.za for info.



Personal Trainer

Walk this Weight

Loaded carries boost your performance and core strength. So why aren't you doing them?

BY LOU SCHULER
PHOTOGRAPH MITCH MANDEL

DAN JOHN DISCOVERED LOADED carries by accident. It was 2001, and the strength coach was sidelined by injury. So he did farmer's walks because he wanted to feel like he was still training. But when he recovered, a funny thing happened: "I looked and performed better."

Soon John was hitting strength and discus-throwing numbers he hadn't seen since his athlete days at university. Loaded carries had a convert, and John went on to popularise them in the fitness world.

These exercises present a serious challenge for the core muscles, according to research by Stuart McGill of the University of Waterloo. A stronger, tighter core gives your arms and legs a more powerful base for running fast, throwing hard and performing heavy lifts. The moves also rock your lats while improving your grip strength and shoulder stability.

The benefits aren't limited to individual muscles. "Loaded carries build work capacity," John says, so you can do more gym work and do it better. There are plenty of ways to build capacity, but you won't find one that's safer. "It's really hard to hurt yourself when you're walking around," he says.

Do carries at any point in your workout - they're especially great at the end, when you're fatigued and your balance and coordination are hindered. But no matter when you do them, the payoff is the same: a bigger, stronger body that's better at anything you ask it to do.

"PACK" YOUR SHOULDERS

Whether you're holding the weight at your sides, overhead, or anywhere in between, keep your shoulders as tight as possible to improve joint stability.

TUCK YOUR CHIN

Don't crane your neck. Keep your ears directly over your shoulders and hips. This aligns your spine, keeping it injury-free.

KEEP YOUR RIBS FLAT

If they flare out, you're putting undue stress on your back. Breathe in through your nose and then forcefully out through your mouth. That helps push your ribs down and keep your core engaged.

STRAIGHTEN YOUR BACK

Think of carries as walking planks: keep your lower back and pelvis aligned throughout the exercise.

GRIP HARD

A tight grip increases tension in your core muscles.

STEP LIGHTLY

A shorter stride (your feet less than 30cm apart) gives you a stronger support base.

GO HEAVY

Carries are self-limiting exercises. That means any weight that you can hold for the recommended distance or duration is safe to use.

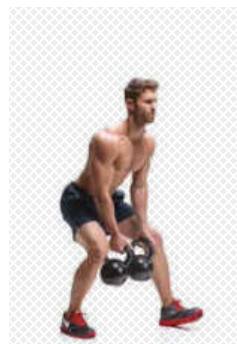


HOW TO CARRY THE LOAD

There are four types of carries, and each challenges your body in different ways, says exercise physiologist and competitive strongman Pat Davidson. Try all seven variations below. Do one every training session, making sure you've hit all four categories after four workouts

1/ BETWEEN KNEES

Holding a heavy load between your legs works your glutes harder.



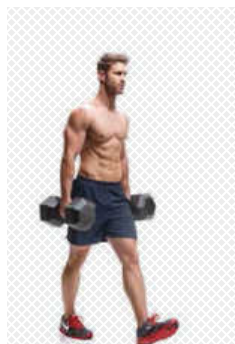
► **DUCK WALK** Hold a kettlebell in each hand between your legs. Or cup the top end of a dumbbell and let it hang between your legs at knee height.

► DON'T LOOK DOWN

If you look at the floor when you do exercises that challenge your balance and stability, you're doing it all wrong. "It's a natural compensatory strategy, but it provides an undesirable sense of stability," says Davidson. "It makes you shift your bodyweight forward, putting stress on your lower back." So look ahead at a distant object when you do unstable exercises, such as loaded carries, single-leg squats, deadlifts and jumps. That, says Davidson, fixes your form and builds more strength.

2/ SIDE LOADED

Because you can use such heavy weights, these build insane total-body strength.



► **FARMER'S WALK** Hold a dumbbell, kettlebell, or barbell at each side. Grip tightly. (For loads exceeding 90kg, use a trap bar with weight plates.)



► **SUITCASE CARRY** Hold a weight – dumbbell, kettlebell, or an actual suitcase – on one side. Walk for the same distance or time with the other side loaded.

3/ FRONT LOADED

These variations are especially taxing on your hamstrings and biceps.



► **ZERCHER WALK** Hold a loaded barbell close to your chest in the crook of your elbows. Keep your core braced and your back straight throughout.



► **BEAR HUG** Wrap both arms around a sandbag, weight plate, or large rock. Or hold a dumbbell or kettlebell just as you do for a goblet squat.

4/ OVERHEAD

Holding weight overhead challenges your core and builds shoulder stability.



► **OVERHEAD WALK** Hold one or two dumbbells or kettlebells (or a sandbag, barbell, or trusty girlfriend) directly over your shoulders.



► **BOTTOMS UP** Hold a kettlebell upside down, your upper arm parallel to the floor and your elbow bent 90 degrees. Squeeze the handle tight!

STRIDE RIGHT

There's value in mixing up your distances and loads, says Davidson. "In strongman training, we might carry something ridiculously heavy for just 5 metres, which is a killer test of raw strength," he says. "Or we might have to carry something relatively light for a longer distance, which challenges strength endurance." Train different fitness skills by using the rough guide below when you do the farmer's walk, suitcase carry, Zercher walk, and bear hug walk. The percentage of body weight equals the total load you should work up to carrying for the distance.

Build More Strength

100% / 15
BODY WEIGHT / METRES

Go Long and Heavy

75% / 45
BODY WEIGHT / METRES

Challenge Your Endurance

50% / 90
BODY WEIGHT / METRES

Go Big. Then, Go Even Bigger



BEGINNER

Just starting out? Then a 25kg **Rubber Hex dumbbell** (R990, Sportsmans Warehouse) is a versatile at-home option. Perfect your form before upgrading to heavier options.



INTERMEDIATE

A sandbag with different grip options will test all your major muscle groups, and the shifting sand will make it a core killer too. **Rebelstore Sandbag** (R1 255, rebelstore.co.za)



PRO

Kettlebells are the original muscle building heavy metal gear. We like these **Classic Iron Bull Kettlebells**. There's a range of weight options, with a 32kg the heaviest. From R160, mifitness.co.za


 A shirtless man with a beard is rowing on a Concept 2 rowing machine. He is wearing dark shorts and sneakers. The machine is silver and black, with 'concept 2' written on the side. The background is dark.

**RUN THE
GAUNTLET!
100kCal Row**

Trade Secrets

Row Your Way to Ripped

Rowing for calories helps you focus on the hard stats rather than the speed of the fan or distance. Use this guide (and good form) to get leaner and stronger

BY DAVID MORTON

1 Load It Up

To get the most power out of each stroke, you need to load your body with elastic energy. Slide forward until your shins are vertical and your chest is pressed up to your quads. You're now ready to row.

2 Push Hard

Reaching forward with the handle as far as possible (without rounding your back), push explosively back with your feet but keep your arms straight – your legs and lats should be doing most of the work.

3 Pull High

As your knees start to straighten pull the handle back with your lats and arms, aiming for your upper abs. Lean back slightly to lengthen the stroke, then go straight into the next pull. And repeat. A lot.

YOUR SCOREBOARD

If burning 100Kcal felt like an eternity, you've got more work to do

0 TO 7 MINUTES AVERAGE

A NORMAL MAN SHOULD SUSTAIN 14 WATTS PER MINUTE FOR 7 MINUTES. THAT'S ENOUGH TO POWER YOUR DESK LAMP, SHOULD YOU WANT TO.

5 TO 5:10 MINUTES FIT

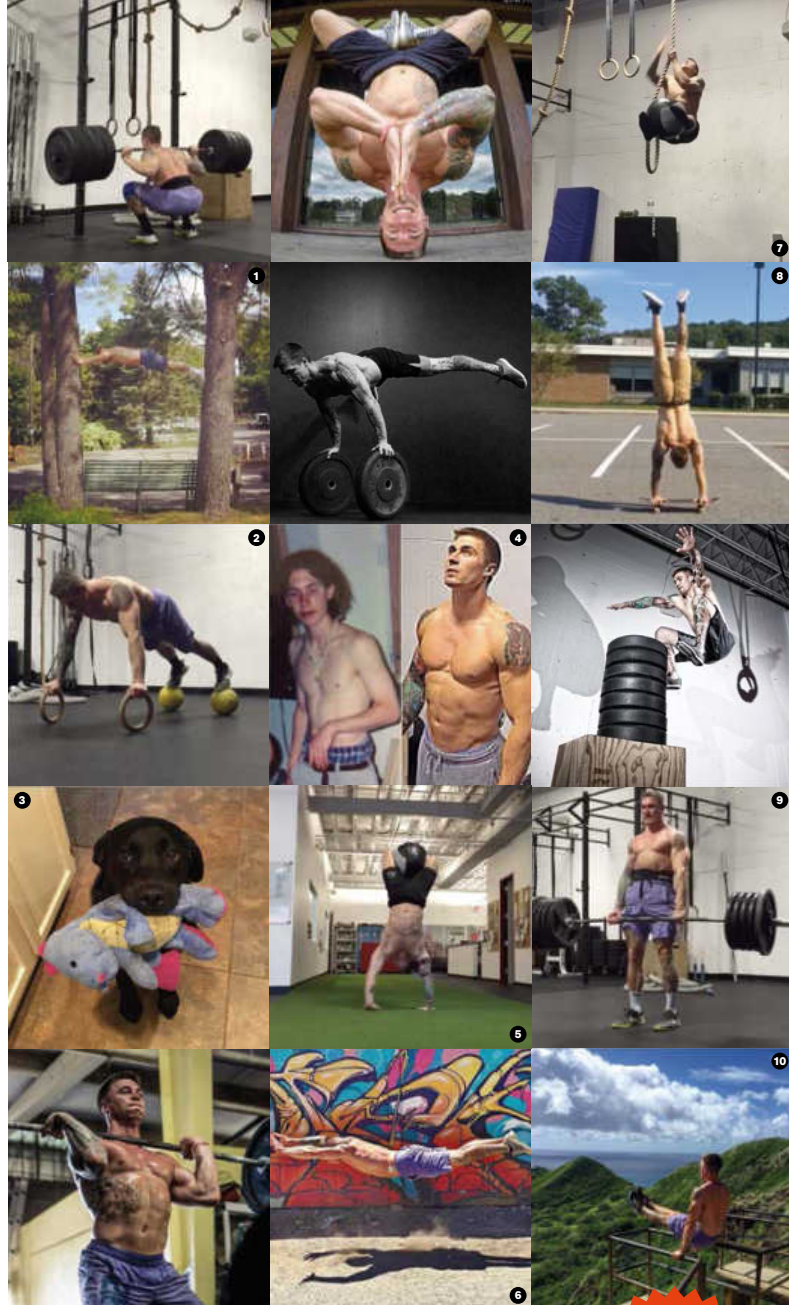
YOUR CARDIO FITNESS IS BETTER THAN MOST AT 5 MINUTES (OR JUST ABOVE) AND WOULD GET YOU TO LEVEL 9 OR 10 ON THE BLEEP TEST.

4:30 TO 4:45 MINUTES ADVANCED

MUSCULAR STAMINA IS DEFINED AS THE ABILITY TO PERFORM REPS FOR A PROLONGED TIME. AT THIS LEVEL, YOU COULD EXPECT TO DO 40 PUSH-UPS IN A MINUTE.

4 TO 4:15 MINUTES ELITE

UP HERE, YOUR VO_2 MAX IS IN THE RANGE OF 50 TO 55ML/KG/MIN, EQUAL TO THAT OF AN OLYMPIC 400M SPRINTER. SHOWOFF.



Follow for Fitness

Sidestep Any Setbacks

Jay Maryniak overcame a drug-and-alcohol addiction to become one of the best trainers in the world

BY ARTHUR JONES

LET'S BE HONEST HERE: WE'RE ALL GUILTY OF WHINING, COMPLAINING AND THE occasional pity party. In most cases, our reasons are totally unjustified - sometimes, we just whine because we're scared of the challenge. Jay battled drug and alcohol abuse from the age of 13 until he was 20, and has been a type 1 diabetic since the age of 27. But all that hasn't stopped him from becoming a personal trainer, CrossFit coach, calisthenics pro, ex-Muay Thai kickboxer and all round motivational hero. Now he regularly posts fitness challenges on his Instagram feed, which thousands of people use to get stronger. His secret: puts his mental fortitude and relentless ambition to become better. He takes ownership, puts in the hard work and never complains. Here's what you can learn from @JTM_Fit.

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Setbacks Make You Stronger

1/ Make challenges out of everyday life. Fitness isn't just about how much you can bench or what your 5K personal best is, it's also being able to move functionally and efficiently. Climb a tree, do a handstand on a skateboard, try a backflip. You'll fail at first, but then you'll get better.

2/ Your core is the transfer of power. It's like a transfer box in a 4x4: it sends the power to the limbs that need it. If you want to get stronger and more stable in everything you do, make core work an important part of your training.

3/ Best friends get you outside. Jay's black lab, Zoe, is his training partner and fellow adventurer. Try say no to that kind of face when walkies are mentioned.

4/ Record your efforts. Not only does it let you check your form, it also gives visual yardsticks of improvement.

5/ Create your own flavour of training. Jay has a background in a number of

different sports and training techniques, but he's combined the best of all of them to make his own tailored fitness formula.

6/ Constantly test your explosive power. Box jumps, broad jumps, superman push-ups and more. Do them regularly, and you'll start seeing improvements.

7/ Training shouldn't be boring. Jay's challenges are as exciting as they are impressive. Legless rope climbs with a 10kg wall ball. Or handstand walks while pulling sleds.

8/ Training will give you confidence and mental strength. Put yourself in a tough workout, and your mind will work against you. If you keep putting yourself in those hard situations, you'll get tougher both mentally and physically.

9/ Don't avoid lifting. Even though Jay is an incredible bodyweight athlete, he still makes sure to do all the major lifts like deadlifts, squats and lunges.

Have Muscle, Will Travel

10/ FITNESS DOESN'T JUST HAPPEN IN A GYM

The latest trend in training is to get both fitness and travel in one adventure package. Jay works with the Australian-based WODventures, who provide exotic overseas trips complete with daily workouts, fitness workshops, the best and healthiest restaurants, and challenges (trail runs, SUP races and more) in places like Fiji, Cook Islands, Hawaii, Miami and even to South Africa. For more info on this, check out wodventures.com.au

MUSCLE ON THE DOUBLE

TWO UNDERDOG MUSCLE GROUPS FOR BETTER GAINS



Jay relies on potent grip strength and explosive hip movements in a number of his challenges. The two muscle groups that get little attention but are responsible for plenty of work in those areas: your forearms and hip flexors. Add these two exercises to your workouts to build these areas, and you'll see big gains.

Here's how: To build bigger, stronger forearms and different types of grip strength, try some legless rope climbs. Focus on descending back down the rope with control too. To build up the five muscles that make up your hip flexors, you should do strict hanging leg raises (without any momentum). If you struggle with hip flexibility, then you should start doing the couch stretch regularly.

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Food+ Nutrition



3 Life-Changing Organic Meals

Because no man should ever
be forced to enjoy his heritage
pork tenderloin with a heaping
side of pesticides

BY JAMES OSELAND • PHOTOGRAPHS SAM KAPLAN

M

MY ALLEGIANCE

to organic foods began, interestingly enough, during my punk anarchist teen years. Along with the moshing,

headbanging and neon-orange hair, I became distrustful of the industrially processed food I'd grown up eating as a child. I wised up about what was really inside all the flashy packaging – the empty kilojoules, the toxic farming practices. And as part of my rebellion against all things Establishment, I thumbed my nose at any food that came from a factory. However, this new lifestyle locked me into a new set of limitations concerning my diet. Back then I subsisted almost entirely on a diet of avocado, hard white cheese and sprouts sandwiched between two slices of wholewheat bread. If the offerings at my local health food store were any indication, I was not alone in approaching a natural-food diet with this kind of determined drudgery.

While those days helped shape the man I've become, damn am I glad they're behind me. Nearly four decades later, I'm still on the organic bandwagon, but I'm no longer limited to lentil soup and brown rice. Thankfully, the organic movement has matured and now embraces a much broader and more inclusive style of eating.

Today I dig my fork and steak knife into grass-fed organic rib-eye. I've upgraded from stock cheese to organic aged Parmesan. I enjoy a wide variety of organic vegetables that are even more colourful and diverse than the packaged sweets of my childhood. (And, it goes without saying, they contain far more nutrients.)

I cook organically because I know organic foods, while they might cost a bit more, are guaranteed to taste better, be better for my health and have a positive impact on the environment. They also make cooking easier: with good, fresh ingredients, I can cook simply and eat really well. Because organic foods are so flavourful, you have to do very little to make them table-ready. And I feel good about serving my friends and family food I know hasn't been tainted with loads of pesticides.

Consider three of my go-to recipes, shown on this and the next few pages. I've turned to them many times over the years. Give them a try, buying organic when you can. They're more than just good for you and the planet: they're also mind-blowingly delicious.



1

Grilled Tuna Steak and Grilled Asparagus

This simple dish is my favourite go-to for a quick meal after work. For minimal cleanup, you get maximum flavour

What You'll Need

½	CUP FRESH CORIANDER LEAVES
1	LARGE EGG
1	TBSP LEMON JUICE
2	TSP DRAINED CAPERS
½	TSP DIJON MUSTARD
1	GARLIC CLOVE, MINCED
3	TBSP EXTRA-VIRGIN OLIVE OIL, PLUS EXTRA FOR BRUSHING
200G	ASPARAGUS SPEARS, PREFERABLY THICK
1	TUNA STEAK (250G, 2.5CM THICK)

1. Preheat the grill to direct, medium heat. In a blender or food processor, purée the coriander, egg, lemon juice, capers, mustard and garlic; add salt and pepper. Drizzle in the oil; mix well, being careful not to overblend.
2. Lance the asparagus with 2 bamboo skewers to make a "raft." Brush the asparagus with oil and season with salt and pepper. Oil and season the tuna as well.
3. Grill the tuna and asparagus, turning both once or twice, until the fish is golden and just cooked through, about 6 minutes total and the asparagus are slightly charred and tender, about 8 minutes. Remove the skewers; serve the asparagus with the fish. Drizzle the sauce over both. (Leftover sauce will keep in the fridge for three days.)
Makes 1 serving



Organic Advantage

Certified organic eggs come from birds raised without antibiotics. As a result, they contain less antibiotic-resistant bacteria than nonorganic eggs, according to a 2010 study from Germany. The raw egg makes the sauce in this meal extra creamy, but if you're at all concerned about the risk of foodborne illness, just skip the *huevo*.



PREP SCHOOL

Tender asparagus is delicious. The woody part at the bottom of each spear? Not so much. To lose the wood, simply grasp each spear near the bottom and break it with your hands. The spear should automatically snap where the tenderness begins. Discard the ends or simmer them in stock until tender and blend them into a soup.



2

Grilled Pork Tenderloin with Ancho-Orange Sauce and Kale Salad

I'll always pay for organic tenderloin - it's richer than the conventional kind. Enjoy this meal with someone special

What You'll Need

2	LARGE MILD CHILLIES, STEMS REMOVED
3	LARGE ORANGES
2	GARLIC CLOVES
¼	TSP DRIED OREGANUM
1	SMALL PORK TENDERLOIN (400G)
180G	KALE, STEMS AND RIBS REMOVED, THINLY SLICED
2	TSP WHITE WINE VINEGAR
2	TBSP EXTRA-VIRGIN OLIVE OIL
▶	VEGETABLE OIL, FOR BRUSHING THE GRILL

1. Heat a dry griddle pan on medium. Toast the chillies until fragrant, about 1 minute. Remove the seeds and veins and soak the chillies in cold water until soft. Drain thoroughly.
2. Squeeze ¾ cup plus 2 Tbsp juice from 2 oranges. Cut the top and bottom from the third orange to expose the fruit. Then cut off the peel and pith from the sides. Halve the orange lengthwise and then

cut each half into slices. Reserve.

3. In a blender or food processor, puree the chillies, ¾ cup OJ, the garlic, the oreganum and salt to taste. Put the pork in a dish; rub with ¼ cup sauce. Marinate for 30 minutes at room temperature.
4. Preheat your grill for indirect heat. In a bowl, massage the kale with the 2 Tbsp OJ and the vinegar. Add the olive oil and orange slices.

5. Cook the pork on an oiled grill over direct heat until grill marks appear on all sides, 8 to 10 minutes. Move it to indirect heat, shut the lid and cook, turning occasionally, until the pork hits an internal temp of 60°, about 10 minutes. Let it rest at least 10 minutes.
6. Divide the kale salad between 2 plates. Slice the meat and place atop the salad. Serve with sauce. *Makes 2 servings*



PREP SCHOOL

Avoid tasteless, juiceless oranges. When you go grocery shopping, first pick up the fruit. Does it feel heavy? Good. Now rotate the orange in your hand, squeezing firmly. The fruit should be free of soft spots. Finally, give the orange a spot-check for any bruises. (Scars will not have any effect on the flavour of the orange.)

LETTUCE EXPLAIN

SUPPLY CHAINS CAN AFFECT FRESHNESS, SAYS CAROLYN DIMITRI, A FOOD STUDIES PROFESSOR AT NYU. THE FEWER STEPS, THE BETTER

SUPERMARKET LETTUCE

- Food Corporations**
Large lettuce processors initiate contracts with private farms. These farms may be small-scale operations or larger industrial enterprises.
- Farms**
Growers follow contract rules specifying when to seed, how much to water and so on. The farmer, processor or subcontractor harvests the crop.
- Processor**
The harvested lettuce is picked up by a processor (also under contract) and brought to a facility where it's washed, trimmed and packaged.
- Trucks/Trains**
The processor has the lettuce picked up, after which some form of cool-storage transport delivers the packaged lettuce to the supermarket.
- Supermarket**
You buy your lettuce from the veg section and bring it home. By then, anywhere from three to seven days have gone by since it was harvested.

FARMERS' MARKET LETTUCE

- Small Farm**
The farmer grows the lettuce. If the farm is certified organic, the farmer must adhere to standards for soil quality, fertiliser use and other variables.
- Car/Van**
The farmer, or someone he or she hires, brings the lettuce to market. Transportation usually happens within a day or two of harvesting the lettuce.
- Market**
You buy the lettuce from the stall. If you want, you can ask the seller specific questions about how it was grown.



Pasta with Roasted Cauliflower and Fresh Parsley

When I have friends to feed, I like to roast cauliflower with olive oil, thyme and garlic. The veg soaks up the flavours

What You'll Need

- 1 HEAD CAULIFLOWER (900G), LEAVES REMOVED, CUT INTO FLORETS
- 3 GARLIC CLOVES, PEELED AND CRUSHED
- 3 FRESH THYME SPRIGS
- 3 TBSP PLUS ¼ CUP EXTRA-VIRGIN OLIVE OIL
- 450G FUSILLI PASTA
- ½ CUP FRESH WHOLE PARSLEY LEAVES
- 1 TBSP FRESHLY SQUEEZED LEMON JUICE
- FRESHLY SHAVED PARMESAN, FOR SERVING

1. Set a rack in the top third of your oven and preheat to 220°. Bring a large pot of salted water to a boil.
2. In a large bowl, toss together the florets, garlic, thyme and 3 Tbsp olive oil; season with salt and pepper. Spread the florets on a large rimmed baking sheet. Roast them, stirring once or twice, until browned in spots and tender, about 20 minutes. Strip the thyme leaves from the

- stems; add them to the cauliflower and discard the stems.
3. Cook the pasta until *al dente*. Reserve a cup of the pasta water and drain. In a large bowl, toss together the pasta, ¼ cup oil, cauliflower, parsley and lemon juice. Add enough of the pasta water to moisten slightly. Serve immediately with the freshly grated cheese and flaky sea salt to taste. *Makes 6 servings*



Organic Advantage

Research shows that nonorganic produce, such as cauliflower, may not stack up to organic produce in antioxidants. A small 2013 study by Italian researchers found that one type of organic cauliflower had more ascorbic acid, polyphenols and total antioxidant capacity than the nonorganic version of the same cauliflower.



PREP SCHOOL

Stop hacking through the cauliflower head. First, use your hands to remove the leaves, exposing the stem. Then flip the head onto, well, its head, on top of a cutting board. Holding the stem with your non-dominant hand, wield a chef's knife with the other hand. Use the tip of the knife to slice the florets from the head of the cauliflower.



NUTRITION KNOW-IT-ALL

By Mike Roussell

Should I switch to pasta enhanced with protein?

JAKE, HERMANUS

It's spaghetti, not a steak. These "enhanced" pastas have only about 3 more grams of protein and 2 more grams of fibre per serving than the traditional stuff. Just top fettuccine with chicken.

Prebiotics and probiotics: what's the difference?

JIMMY, PIETERMARITZBURG

Prebiotics are nondigestible fibres that fuel good gut bacteria; probiotics are the good bacteria. So eat prebiotics from grains and beans. Probiotics come from fermented foods, like yoghurt.



Mike Roussell, Ph.D., R.D., is a nutrition consultant based in New York. Follow him on Twitter: @mikeroussell

Tasting Is Believing

Quorn is a low-fat source of protein that'll make meat-free Mondays fun again. Go on, trust your taste-buds

MAKES
4 SERVINGS

Cooking time:
15 mins

941 kJ

3.7g fat

#TastingIsBelieving

Quorn Cheese & Onion Burgers

INGREDIENTS

- 150G (½ PACKET) QUORN MINCE
- 2 TSP (10ML) VEGETABLE OIL
- 1 SMALL RED ONION, FINELY DICED
- 1 TSP (5ML) DRIED ROSEMARY
- 2 SLICES OF WHOLEMEAL BREAD, MADE INTO CRUMBS
- 40G MATURE MOZARELLA CHEESE, GRATED
- 75G LOW-FAT CREAM CHEESE
- 1 TBSP (15ML) MARMITE DISSOLVED IN 1 TBSP BOILING WATER
- 1 TBSP (15ML) FRESH PARSLEY FINELY CHOPPED
- 1 MEDIUM EGG, BEATEN
- FRESHLY GROUND BLACK PEPPER TO TASTE
- 1 TBSP (15ML) OIL FOR FRYING THE BURGERS
- WHOLEWHEAT ROLLS TO SERVE

METHOD

Pre-heat the oil in a frying pan over a medium heat, add the red onion and dried rosemary and cook gently for 5 minutes, until the onion is softened but not browned.

In a large mixing bowl combine the Mince and breadcrumbs with the cooked onion and rosemary. Add in the grated cheese and cream cheese, mixing well to distribute the cream cheese throughout the mix.

Stir through the Marmite and parsley, then add the beaten egg and pepper and mix well.

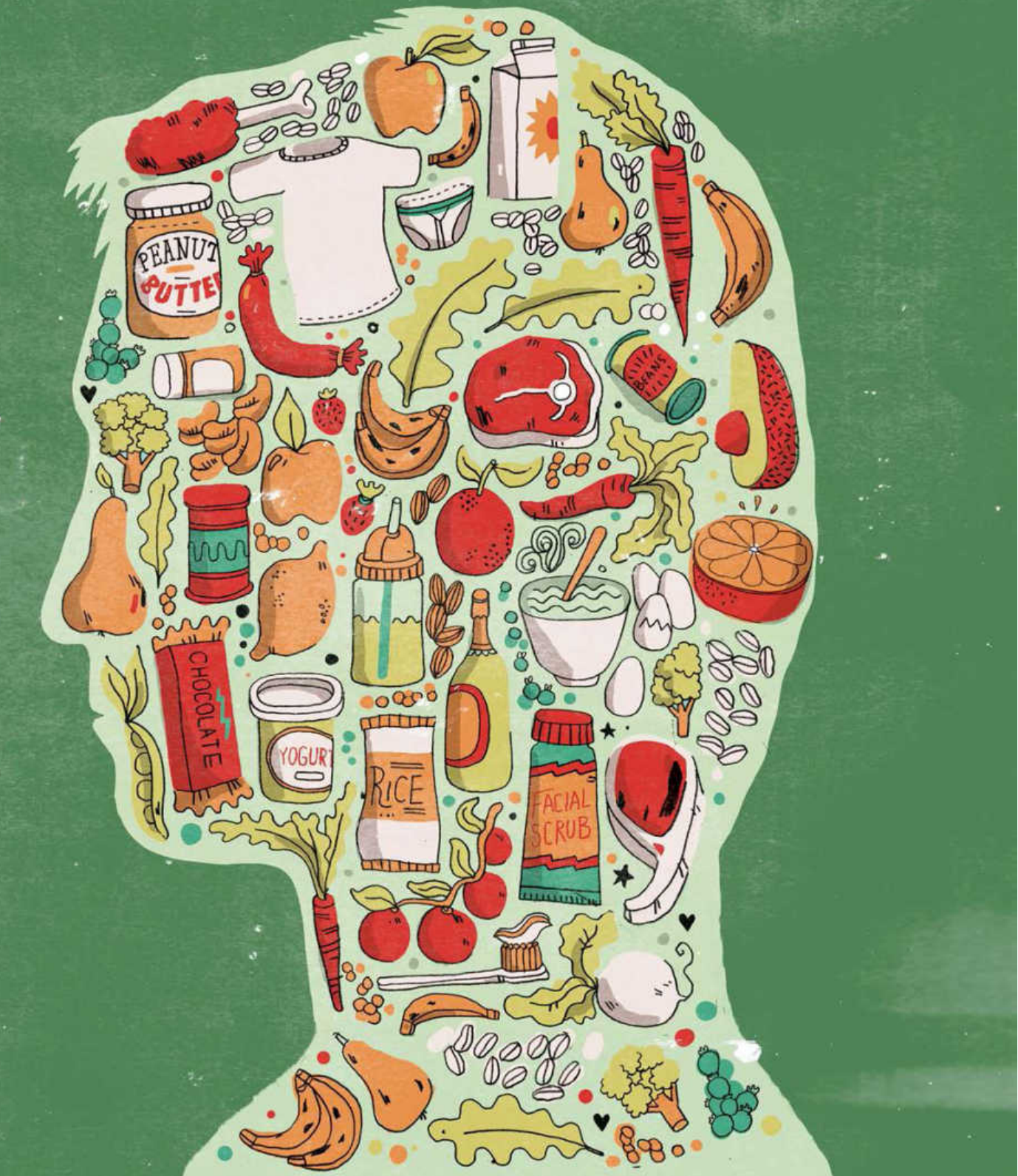
Form the mix into burgers, take a hand full of mix and firmly compress into a burger shape approx. 2cm in thickness. This mix makes approx. 8 burgers.

To cook the burgers, preheat a little oil in a large non-stick frying pan over a medium heat. Add the burgers allowing sufficient space between them for turning. Cook for 4 minutes, the turn over and continue cooking for another 4 minutes or until the burgers are piping hot. Serve on wholewheat rolls with your favourite sauce.



Find Quorn in the frozen aisle at your local supermarket, or go to quorn.co.za





How I Ended a Toxic Relationship

He'd led a synthetic existence until the day his body decided to deliver an ultimatum: kick the chemicals, or else BY ROBERT SANCHEZ • ILLUSTRATION JAMES GULLIVER HANCOCK

4

YOU COULD SAY I'VE BEEN blessed with good genes. No cancer in my family, no history of diabetes. My BMI is in the normal range, and I've never struggled with my weight.

So why am I giving my DNA all the credit? Well, you don't know how I used to eat.

If the food's been processed, packaged, dyed, or genetically engineered, it's been in my stomach. My wife would browse broccoli at the supermarket; I was a 7-Eleven man. I bought sugar stuffed in cellophane. I ate premade lunches that featured atomic-orange cheese. I would knock back a bright red raspberry Slurpee and be ready for action. I ate like a teenager for two decades because I never had to face the negative impact of my decisions.

That is, until last year. As I inched closer to my 40th birthday, the food I was consuming began to fight back. It started this past spring with my stomach gurgling when I tried to sleep. It moved to the middle-of-the-night heartburn stage a few months later. Most days I felt tired, lethargic, beaten. I'd sit in my office and look at my preservative-laden lunch. "Why do I keep doing this to myself?" I asked the sandwich one time. By November, after a particularly sleepless week,

I'd had enough. I needed to change. That's when I decided to give myself the most radical remake of my adult life. One night after work I devised the plan: I'd live organically for 30 days - no breaks - and then see how I felt afterwards.

But I'd also take this beyond food. I wanted to make it a lifestyle. That meant no artificial junk of any kind. Everything - the beef I'd ingest, the shampoo I'd use on my hair, the underwear that would cover my butt - would be 100% organic.

"You're crazy," my wife told me. My two kids thought I was stupid. But I knew there'd be skeptics. After all, I was one of them.

MY DECISION TO OVERHAUL MY EATING WAS based on a common assumption about organic food: that the stuff is better for you.

As it turns out, the science has been a bit unsettled, at least until recently. But in 2014, the *British Journal of Nutrition* analysed a whopping 343 studies and concluded that organic food generally had higher concentrations of antioxidants and a far lower incidence of residual pesticides than conventionally grown food. Still, what really sold me was the anecdotal evidence. I have friends and colleagues who've gone organic and espoused the benefits. They told me their meals never tasted better. They have more

energy. They're thinking more clearly. It was hard to dismiss their stories - or the sheer number of people making the shift.

According to a recent Morgan Stanley report, the global organic and natural food industry will continue to grow an estimated 9% a year. Organic products are now available in conventional supermarkets, which are filling their shelves with a host of 100% organic foods ranging from salsa to whole wheat spaghetti.

But what did I do? I started with the ultimate in organic: Wellness Warehouse.

As I walked the aisles, it was like my matric dance all over again: me grabbing at stuff I didn't know how to use, just because it was there. I checked out deodorants, shampoos, toilet cleaners. I loaded up on organic chocolate bars, R250 facial scrubs, grated cheese, arugula. The packages were so enticing, so beautiful. I wanted it all.

After half an hour, I stared into my basket and realised I'd filled it with a bunch of unnecessary stuff. I've never used a facial scrub in my life.

Looking back, I see I made a rookie mistake. When you're stocking your fridge and pantry and bathroom from square one, you need to think about staples and build from there.

"You go for foods like rice, oatmeal, tomatoes, leafy greens and citrus, all of which are readily

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available in good quality and can be used as the backbone of your diet," says Charles Benbrook, a research professor at the Centre for Sustaining Agriculture & Natural Resources at Washington State University. "By expanding the percentage of kilojoules you're getting from those staples, cooked into various meals, you avoid the cheap, processed alternatives that make up such a big part of the average diet."

I reset and grabbed some bread, tortillas, milk, cereal - the basics. Then I went home and plotted my next course: a new wardrobe.

I NOTICED MY KIDS WERE NOW FINISHING THEIR DINNERS. MY DAUGHTER SAID THE FOOD TASTED BETTER, AND SHE WAS RIGHT

ABOUT THAT. CLOTHES WERE THE ONLY AREA where I was forced to compromise on my 100% organic goal. I mean, good luck finding shoes with no chemical content. I had to settle for a pair that had rubber soles and a mostly organic toe box. I found T-shirts that were almost entirely organic except for the trim. Socks and underwear were close too, but you need elasticity to keep those bad boys up. I have nothing to back this, but organic cotton certainly feels softer than what I'm used to - and my wife complimented me on my butt. By my second week, I'd bought a pair of R1590 mostly organic corduroys to go with my R150 dress socks, R290 undershirt, and R99 briefs. (More on the bill for organic in a moment.) While I was getting comfortable in my new threads, I was also feeling more at ease with food shopping. Eventually I was able to tackle my family's regular grocery stores.

I made discoveries in the frozen-food aisle and in the bratwurst section. I found a favourite peanut butter, a go-to cereal. I researched a certified organic farm and bought into a community-supported agriculture project. For a little more than R950 total, I got six helpings of farm-canned vegetables and 18 fresh eggs, spread over a month. Maybe most exciting, my food had a story.

By week three, I noticed my kids were finishing their dinners - chicken and burgers and chili and vegetables - and asking for seconds. My daughter said the food tasted better, and she was right. (My organic beets marinated in rosemary and garlic really were excellent.) I might have been surprised, but nutritionist and horticulturist Jana Bogs, was not. "With organic methods, the soil has a broader spectrum of nutrients, which allows plants to express their full genetic capacity," says Bogs, author of *Beyond Organic*. "This results in the formation of more flavour compounds."

Still, winning my kids over was only a partial victory. I knew I'd pulled off a seismic change in my household when my wife came home from the shops one morning with four bags of food, almost all of which was organic. She'd bought tomato soup, sour cream and pork chops, and exclaimed, "I even got you biscuits!"

DON'T THINK THIS WAS ALL NON-GMO cupcakes. There was the price. It's an odd disconnect. I would pick up an organic orange and think, If pesticides weren't used on this, shouldn't it cost less? The simple answer is no, but the reasons are complicated. For one thing, crop rotation is needed to keep the soil healthy for organic agriculture. A conventional farmer can ride a profitable crop from year to year, says Benbrook, but an organic farmer might have to switch out to less-profitable crops as part of the rotation.

What's more, "cover crops", such as certain kinds of peas, must be planted to add nitrogen and organic matter to the soil. That takes time and money, while simply spraying the fields with nitrogen might be done in a day. On top of that, fewer chemicals can mean higher labour costs for weeding and land cleanup before planting.

"Organic food might never become as cheap as conventional food," Benbrook says. In a way, the high price reflects the real cost to grow food. And then there's the basic economic side of it: organic is a hot commodity. Demand exceeds supply.

In my case, the higher price actually produced a positive outcome. My organic juice cost more, so I drank far less of it. I wasn't tempted to gnaw on a big bar of chocolate every

day, because I wasn't going to pay for it. My tiny box of cereal cost me R52 - about twice what I'd paid for a generic brand the previous month. Because of the price, I no longer chowed down on a bowl before bed. Instead, I made myself a small, greens-only salad.

At some point my heartburn stopped. I'm not saying there's a cause-and-effect thing here, but it happened. Marisa Bunning, of Colorado State University, who's an expert on postharvest produce safety and quality, says many factors could have been at play in my case. Most likely my organic diet pushed me to eat more vegetables and powerhouse greens while also cutting back on a bunch of the bad stuff. "There's a more limited selection of unhealthy organic food," she says. "You made a real change in your lifestyle."

By my final week, I was sleeping through the night again. I took a few runs in my neighbourhood. I went hiking with the kids and didn't huff and puff my way up the hill. Had my new lifestyle changed me this much in such a short time? Hard to say. Maybe I was feeling a placebo effect. Or maybe, as Bunning said, my diet had changed significantly enough that my body stopped reacting so terribly.

Even though my 30 days are over now, I've stuck with much of my 100% organic diet. I pack my lunches with organic bread, peanut butter and honey. I haven't touched sweets in weeks, and I don't do late-night snacks packed with sugar. In fact, I haven't set foot in a petrol station one-stop in two months.

Of course, if they find a way to make an organic Slurpee, all bets are off.

MH



THE FAST FOODIE

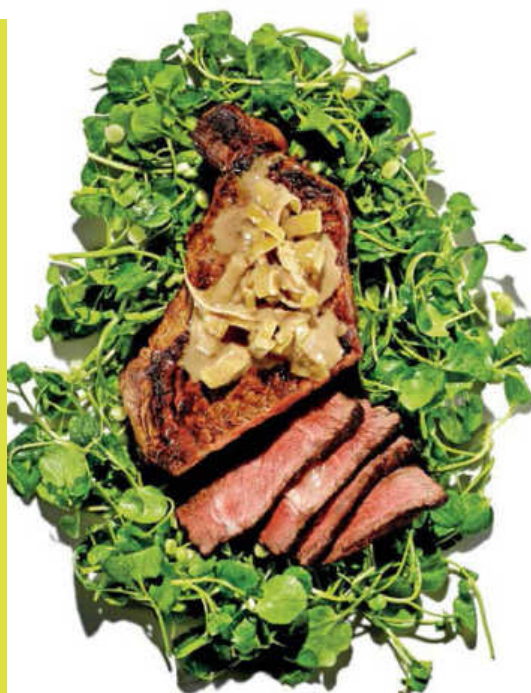
NEXT DATE NIGHT,
MAKE YOUR HOME
A STEAKHOUSE

Pour a R5-sized amount of canola oil into a large pan; crank the heat to high. Season two organic boneless rib-eye steaks (about 2cm thick) with sea salt and black pepper. Add the steaks to the pan and sear about 2 minutes on each side for rare. Transfer the steaks to a plate; cover them with another plate.

Now turn the heat to low and add 1 sliced leek. Sauté till tender, about 3 minutes. Mix in 1 Tbsp Dijon mustard and ¼ cup white wine; stir until a thin sauce forms. In a medium bowl, toss 1 bunch watercress and 1 sliced spring onion with 1 Tbsp extra-virgin olive oil and a squeeze of fresh lemon. Divide the salad between 2 plates. Top each with a steak and mustard-leek sauce. *Makes 2 servings*

RECIPE ADAPTED FROM *THE ART OF EATING WELL*,
BY JASMINE AND MELISSA HEMSLEY

PER SERVING: 3 320 kJ, 100G PROTEIN, 9G CARBS (1G FIBRE)



PHOTOGRAPH SAM KAPLAN

HAIR TODAY GONE TOMORROW

Say Yes to No Hair Men

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Sex + Relationships



Sex & the Married Man

Your life changes forever when you take the plunge. See how hitched guys are managing, in good times and in bed

BY MIKE DARLING

The Average Married Guy



AGE 38
MARRIED <5 YEARS
PERCENTAGE WHO'VE
BEEN DIVORCED 17
PERCENTAGE WITH KIDS 74



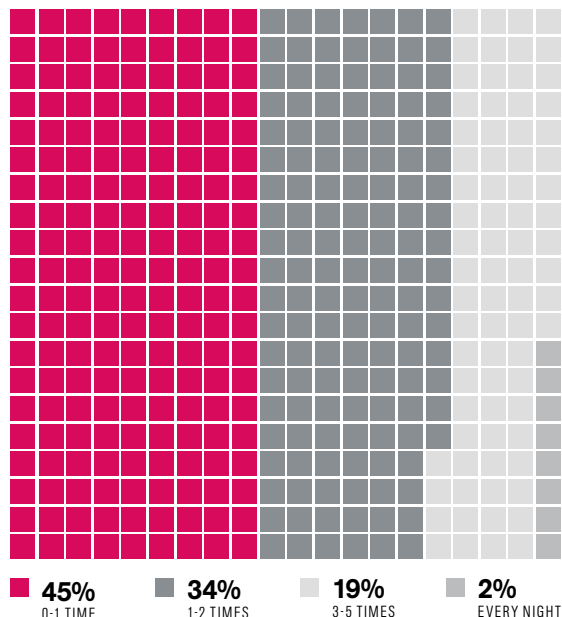
YOU'D THINK A wedding ring would simplify a man's sex life. While his single friends spend their nights

emptying their checking accounts in trendy cocktail bars and swiping right on Tinder, the married guy feels secure in knowing where and with whom his night ends. Then there are the other perks. "After marriage, your sex life changes for the better in several ways. For instance, you're having sex on a regular basis - and hopefully in a more exploratory way," says Paul Hokemeyer, a marriage therapist based in Manhattan. "You can explore the edges of your sexual preferences."

Sounds ideal. But realistic? We wanted to find out, because marital happiness often begins (and sometimes ends) in bed. "A healthy sex life early in the marriage leads to a strong intimate connection later in the marriage when the sex becomes less frequent," Hokemeyer says. Wait, what? If sex is one of the pillars of a healthy marriage, then how are most off-the-market guys faring behind closed doors? We surveyed more than 1 200 of them to find out.

Here's what they told us.

HOW MUCH SEX MARRIED GUYS HAVE IN AN AVERAGE WEEK



MARRIAGE: THE COMPETITIVE SIDE

1 in 4

Number of husbands who say they married out of their league

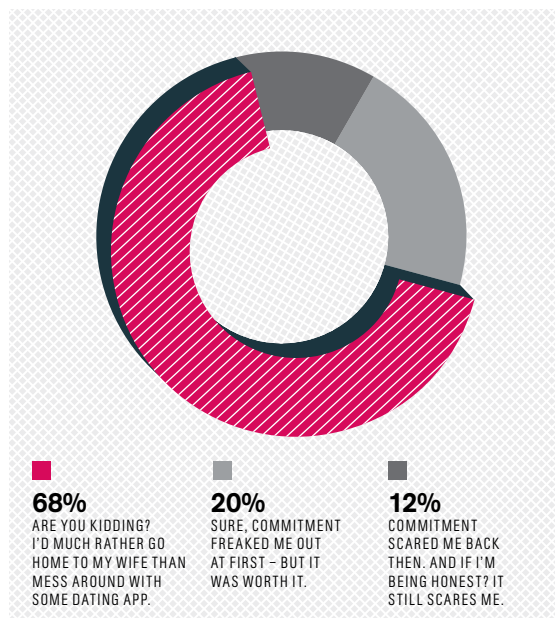
13

Percentage of married guys who admit being jealous of the catch a buddy reeled in

68

Percentage who feel confident that their mate is the most lustworthy on the block

WERE YOU SCARED TO COMMIT TO ONE WOMAN FOREVER?



MARITAL HAPPINESS

62

Percentage of men who are sure they married the right gal

28

Percentage who now question their decision

1 in 7

Fathers who never have date nights anymore

POSTNUPTIAL POUNDS

57

Percentage of men who pack on weight after getting married

64

Percentage who say their wives have too

76

Percentage who think their wives are as sexy as ever

SEXUAL SATISFACTION

62

Percentage of couples who don't use sex toys together in bed

83

Percentage of men who'd be okay with it

77

Percentage who wanted way more sex in 2014





BULLETPROOF YOUR BOND

FEELING TEMPTED TO SLIP AWAY WITH BRITNEY FROM THE MAIL ROOM? THESE 3 STRATEGIES WILL HELP YOU RESIST THE URGE TO STRAY

DO A REALITY CHECK

Sex with the yoga instructor might be hot – but not *that* hot. "The fantasy usually exceeds the reality," Hokemeyer says. "It's normal to fantasise about someone else, but keep it in your head. Actual affairs are messy and not worth those 15 minutes of sexual bliss."

MAKE FACE TIME

If temptation strikes on the road, turn to apps like Snapchat to instigate foreplay with your wife from afar. "It'll fight the loneliness," says Brandy Engler, author of *The Men on My Couch*. When in transit, try a more PG distraction like *Words with Friends*. "The more fun you have, the better," Engler says. "Don't end the conversation by whining about your day."

UNLEASH YOUR FREAK

"If you're the good guy all day, you may be longing to do something bad," says Engler. And she might have the same idea. "Women also want to indulge that naughty side," she says. "Tell her how you feel. She might say, 'Me too.'" If so, ask her to read one of her favourite *Fifty Shades*-style passages to you, Engler says. You'll learn what kinks she's looking to explore – and she may feel more inspired to act.

REASONS HE'S NOT GETTING ENOUGH

40

Percentage of men who say their wives are always too tired

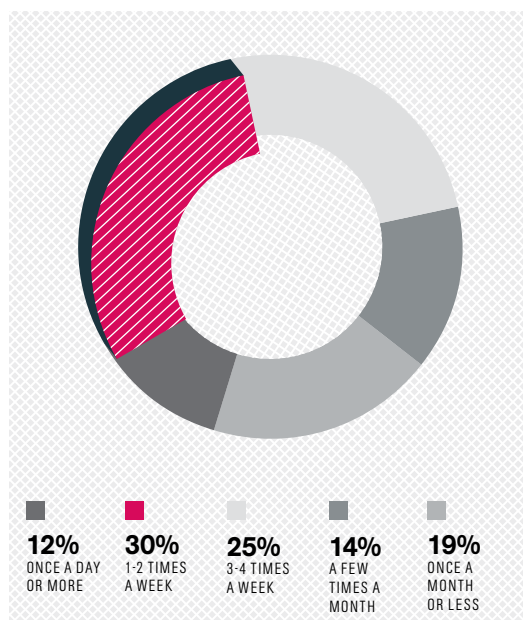
36

Percentage who blame their schedules

18

Percentage of men who pin it on the kids

HOW OFTEN MARRIED GUYS MASTURBATE



THE SINGLE LIFE

21

Percentage of married guys who are jealous of single friends' sex lives

53

Percentage relieved to be out of the game

13

Percentage who think bachelorhood is sad

HIS PORN HABIT

45

Percentage of married men who watch porn with their wives

40

Percentage who don't think she'd be into watching X-rated flicks

15

Percentage who've never tried watching porn with her – but say they'd consider it

HOW ADVENTUROUS HE IS



SINGLE VS. MARRIED LIFE

58

Percentage of men who think they had better sex as bachelors

40

Percentage of guys who think their single friends are still having better sex

CHEATING

1 in 5

Married men who've accused their wives of cheating on them

26

Percentage of married men who admitted to cheating on their wives

29

Percentage of those guys who were caught

INDULGE YOUR FANTASIES (AND HERS)

TELL HER ABOUT YOUR CELEB WET DREAMS – HERE'S WHY

IT BUILDS TRUST So go ahead and spill all the dirty details to her. "People feel vulnerable and relieved when they reveal hidden sides," says Gurit Birnbaum, a researcher in Israel who studies sexual fantasies.

YOU'LL HAVE MORE SEX "Fantasies cause arousal to simmer throughout the day, making you both want sex in the evening," says Barry McCarthy, author of *Rekindling Desire*.

SHE'LL WANT YOU MORE Desire thrives on mystery, which fantasies supply, McCarthy says. But if that mystery fades, we're often tempted to look for it elsewhere. You contain multitudes. So does she. Explore.

HIS CELEB TRYST LIST



1. SCARLETT JOHANSSON



2. JENNIFER ANISTON



3. KATE UPTON

TOP WOMEN HE FANTASIZES ABOUT



46% A STRANGER 17% A COLLEAGUE
21% A CELEBRITY 16% A MARRIED WOMAN



TV star most likely to make him consider a wife swap

Sofia Vergara



51% MARRIED MEN WHO WOULD CHEAT WITH A CELEB IF IT WOULD REMAIN UNDER WRAPS

MORE SEX INSTANTLY

HIT A BEDROOM RUT? TRY THIS STRATEGY TO RENEW YOUR SEXUAL VOWS

Reigniting the flame of desire is simple: first, escape the house, says sex therapist Laurie Watson, author of *Wanting Sex Again*. "Thinking about chores can put a damper on her libido." Instead, meet her at a bar. Flirt like you used to. "Gestures that signal desirability will go

a long way," says Vinita Mehta, a psychotherapist in Washington, D.C. The "date night" idea is familiar because it works – especially when you try something new, Mehta says. By sharing novel and exciting experiences, the energy can spill over into the bedroom.

GIVE YOUR SEX LIFE A TWIST

TRY THESE MOVES FROM MEN'S HEALTH SEX ADVISOR DEBBY HERBENICK



BELLY FLOP

WHY IT WORKS "You can kiss her neck or talk dirty," Herbenick says. And rear entry targets her G-spot.

PULL IT OFF Have her lie on her stomach with a pillow under her hips, pelvis angled upward. Enter from behind, extending your arms to limit the weight on her.



SHOULDER HOLDER

WHY IT WORKS Consider the scenery. "It's great for men who want a view of everything," Herbenick says.

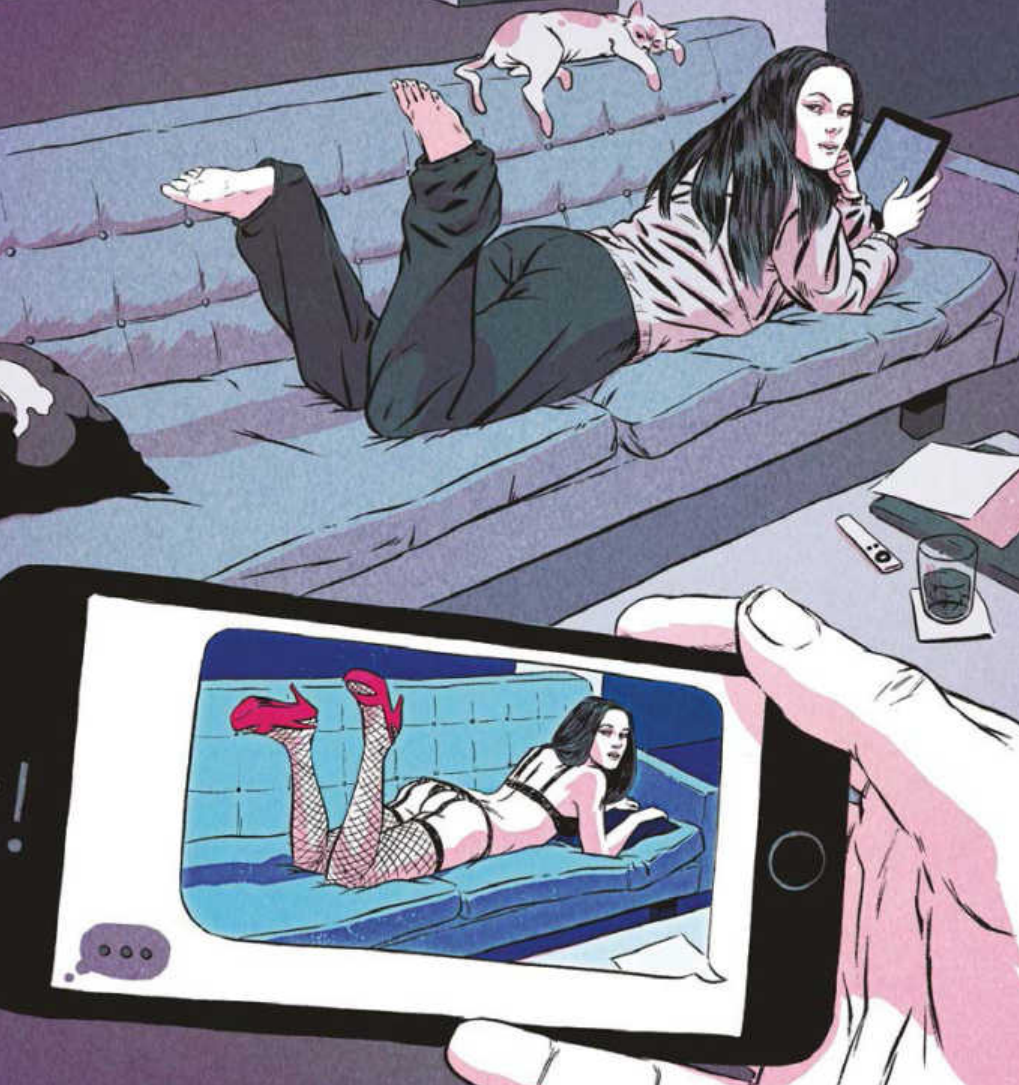
PULL IT OFF Kneel so you're facing her as she lies on her back. Lift her legs, rest her calves on your shoulders and pull her pelvis toward you.



SPIDER

WHY IT WORKS "She'll have more control over thrusts and movement," Herbenick says.

PULL IT OFF Sit with your legs extended. Lift your knees, and have her bend her knees so they're next to your chest. Lean back on your arms for support.



I WAS CONSUMED WITH FEAR. WOULD SHE THINK I'D MADE HER THE BRUNT OF A JOKE?

the airport and let it be plainly known that you weren't wearing panties under your skirt."

"Ha! What a complete non sequitur and fun memory. We used to be crazier," she wrote.

Me: "It's true. You'll recall that we went to the Spur from the airport, and I had to eat an entire meal while stifling a boner." ³

No response. The reference to my long-ago stifled boner sat there, unrequited.

Six friends attended happy hour that day. I read my efforts aloud. "Who says 'you'll recall' in a sext?" one guy asked. "You sound like a lawyer addressing a hostile witness."

Another: "You 'stifled a boner'? How did that work, exactly? You should be a rugby commentator standing in front of a screen on TV."

Their mockery was interrupted when my screen lit up: "Are you working on an article?"

Hooting and hollering ensued. I needed to send a dick pic right now, they agreed. One said, "SMS her: Does this answer your question?"

Have you ever tried to cultivate an erection in a bathroom stall in a bar, during daylight hours, without assistance? Anyway, I sent the photo, along with their suggested message, and was immediately consumed by a level of fear and shame I'd never felt before. Would she think I'd lost my mind? Or, worse, would she think I had made her the brunt of a joke?

I returned to looks of disbelief at the table. Several minutes passed, and then came her response: "Ummm." Not "yummm." Ummm.

I read her SMS aloud. One buddy quoted Otter, from *Animal House*. "You can't spend your whole life worrying about your mistakes," he said. "You fucked up! You trusted us!"

Later, I confessed. Yes, it was an experiment. But my heart was in the right place, along with my penis. The memory of that ride home from the airport is one I'll never forget. Sure, we used to be crazier - but still no less in love.

As for sexting? With someone as inept as I am driving the show, it was never going to work. And for me and my wife, SMSing is all about coordinating the daily demands of married life.

One more thing. When I explained myself that night, my wife said, "You tell them I figured it out," she said. "I sussed out your little experiment. I'm too smart for that."

And that's why I look forward to our 20th. **M+**

The Sexperiment

"I Sent Dick Pics to My Wife"

Your smartphone is also a sex toy. Could it hold the secret to a hotter marriage? **BY TIM ROGERS**



A FEW MONTHS AGO I MET a buddy for a beer after work. As he was settling in, I grabbed his phone. "I'll scroll through your photos and ask about them," I said. "It's a fast way to catch up."

"Nope," he said, snatching it back. "I've got dick pics on there." When he travels, I learned, he and his wife keep the connubial fires stoked with explicit SMSes. "You should try it," he said.

My wife and I just celebrated our 19th anniversary. I love her all the way to the bottom of her heart, as our daughter once said when she was 4 years old. That daughter is now 9. She's got a 16-year-old brother. They take a lot of work. Work, too, takes a lot of work. So, sexting. Maybe I should try it, I thought. ¹

I consulted another friend. I said I might cut a hole in a piece of paper and draw a tableau - like the Last Supper - for my penis to peek through.

"Dude, take it seriously," he advised. "If you want this to work, do it with sincerity."

A few days later, my wife left town on a business trip. That night, I sent my first sext:

"Remember that time you and I had crazy sex on our dining room table?" Nothing. ²

I followed up: "Have you been sitting there, racking your brain, trying to remember it?"

Finally the response came: "Ha no driving."

The next day, after a perfunctory exchange about what time the dog had last been walked, I pivoted. "So, unrelated," I wrote, "but I was thinking about that day many years ago, before we had kids, when you picked me up from



Three Sext Tips Your Buddies Won't Tell You

1 DON'T RUSH

"Work up to the dick pic," says sociologist Jenn Gunsallus. "Tease her with other shots of your body before the big reveal."

2 THINK FORWARD

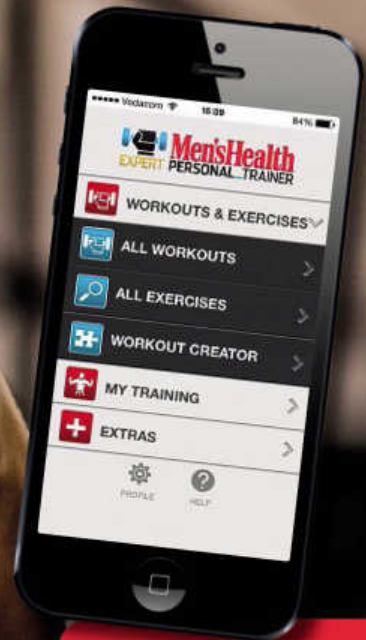
Past romps are fun to describe, Gunsallus says, "but so is how the thought of being with her now drives you crazy with desire."

3 BE PERSONAL

Give specific compliments, says psychologist Paulette Sherman, like how great her butt looks in those new yoga pants.

Men's Health

PERSONAL TRAINER



FREE!

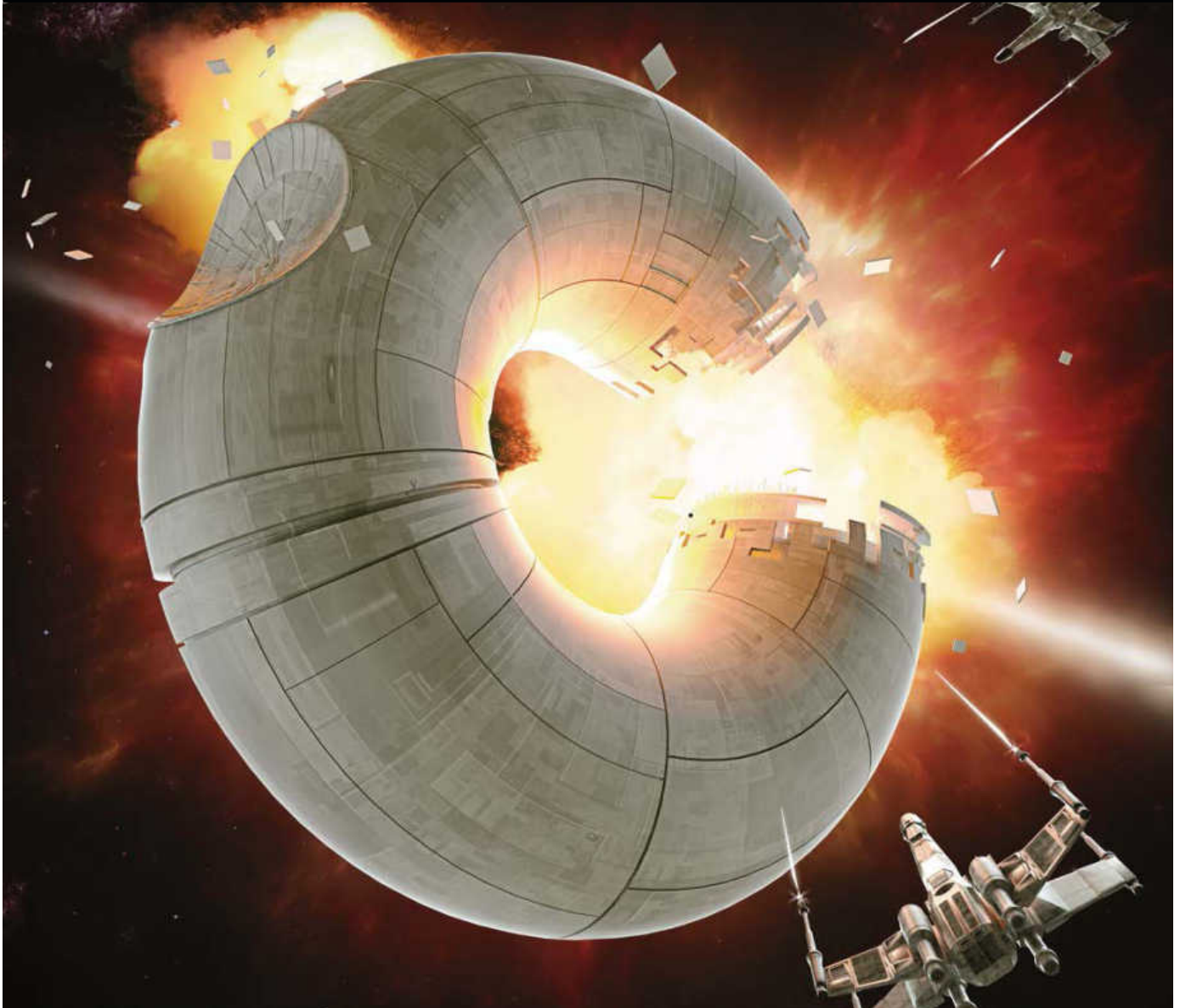
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Health+ Wellness



Tell the Big C to Go F Itself

This deadly disease is on track to take down more than just your prostate. Plot your counterattack now

BY JULIE STEWART • ILLUSTRATIONS FOREAL & EVERYTHING STUDIO

BY NOW YOU KNOW THAT CANCER HAS A SHIT LIST. At the top? Your prostate. Yet all that time you've been following our advice (we hope) to guard your gland from harm, cancer has been steadily rounding up more victims. In fact, diagnoses among men are expected to increase by 24% from 2010 to 2020, according to a 2015 study from the CDC. The main casualties? Kidneys, liver, pancreas, thyroid and skin - yup, even your testicles made the list. But you don't have to cower in the face of cancer. This anti-tumour plan will give you the balls to tell cancer to screw off.

Pancreatic Cancer

+37%*

WARNING SIGNS Newly diagnosed diabetes, loss of appetite, unintended weight loss, jaundice, back or abdominal pain

Pancreatic cancer is a total sugar fiend. The disease's rise can be attributed in part to skyrocketing diabetes rates, says Harvey Risch, a professor of epidemiology at Yale School of Public Health. That's because cancerous pancreatic cells rely on glucose for growth, he says. And while tumours in general are bad news, they're especially dangerous if they develop in the pancreas. The organ sits next to important blood vessels, making a mass very difficult if not impossible to remove, Risch says.

► **THE BIG C** Hit the weights to protect your pancreas. In a *Journal of Strength and Conditioning Research* study, people who performed 50 minutes of high-intensity resistance training for seven weeks reduced their fasting glucose levels by about 13 mg/dl after just 10 minutes of recovery postworkout. Your muscles burn blood sugar for fuel in order to grow, the study authors say.

CANCER DIAGNOSES AMONG MEN ARE EXPECTED TO INCREASE BY 24% BETWEEN 2010 AND 2020



A CANCER-FREE galaxy doesn't have to be far, far away

Liver Cancer

+62%*

WARNING SIGNS Weight loss (without trying), no appetite, abdominal swelling, nausea, vomiting, yellowing skin and eyes

Our livers are starting to look more like lumps of lard. Part of the uptick in liver cancer diagnoses is linked to the steady rise in nonalcoholic fatty liver disease (NAFLD), says Hashem El-Serag, chief of gastroenterology and hepatology at Baylor College of Medicine. Fat deposits that build up in your liver can lead to cirrhosis. "If your liver suffers a lot of damage over time, it's unable to repair itself in a normal way. That's the setup for cirrhosis and cancer," says El-Serag.

► **THE BIG C** Stay far away from fructose: in a *Journal of Hepatology* study, people who drank a sugary beverage daily were 61% more likely to develop NAFLD than those who drank none. Feed your liver what it loves: coffee. Researchers in Australia found that coffee's polyphenols may suppress fat accumulation in your liver.

Testicular Cancer

+16%*

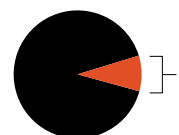
WARNING SIGNS A lump in your testicle, an aching feeling in your lower belly or scrotum, a change in the size or shape of your testicles

Researchers can't figure out why testicular cancer is grabbing so many men by the balls. But a few risk factors may be at play, including changes in diet and environmental exposure to carcinogens, says Phillip Gray, an assistant professor of radiation oncology at Harvard Medical School. Another threat? Your family. Estimates show that if your dad or brother had testicular cancer, your risk of developing the disease increases as much as tenfold.

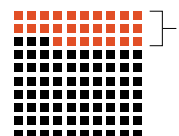
► **THE BIG C** Since the reason for the rise is so elusive, Gray says the best prevention tactic is to catch the cancer early. (It helps that the five-year survival rate for all stages of this disease is 97%.) At least once a month, while you're in the shower, give your boys a hand by checking for lumps or any changes in shape. Visit cansa.org.za/mens-health to find out the right way to feel yourself up.

CANCER CLUELESS

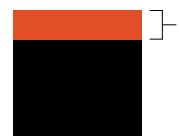
IGNORANCE IS BLISS? NOT IF YOU WANT TO SURVIVE THIS DISEASE



Percentage of people who don't know the signs or symptoms of cancer



Percentage of men who avoid the doc because "cancer" means "death"



Percentage of men with cancer who waited over 3 months to seek help

Sources: Cancer Research UK, *Journal of Health Psychology*, *British Journal of Cancer*

TELL KIDNEY cancer to hit the road. Running can cut your risk



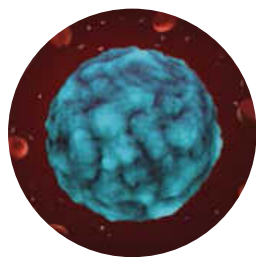
Melanoma +30%*

WARNING SIGNS "Ugly duckling" moles that are larger than 6mm across, have uneven borders or odd shapes, or are changing colour

Men are being burned by their shoddy sun-shielding habits," says Julie Russak, a New York dermatologist. About 86% of melanomas are the result of exposure to UV radiation from the sun, according to a *British Journal of Cancer* study. Yet a National Cancer Institute survey found that only about 20% of guys slather on sunscreen, versus more than 40% of women. Plus, when guys do wear sun-protective clothing, it's often not the best kind: most guys put on a baseball cap, which doesn't fully shade the face, neck, and ears. A wide-brimmed hat, like the Men's Oryx Suede Leather one from Cape Union Mart (R450) is better.

► **THE BIG C** SPF is still the best skin-saving strategy - even in winter, says Russak. Cover your mug daily in Nivea Sun SPF50 Moisturising Sun Lotion (R159,

Clicks). This lotion has 10% vitamin C, which can help repair your damaged dermis. The antioxidant neutralises free radicals that are produced in your skin after sun exposure, say researchers in India. And set up an annual date with a dermatologist to make sure your moles aren't malignant. If the exam involves using MelaFind, all the better - this handheld optical scanner resembles a hair dryer and lets doctors see up to 2.5mm below your skin's surface. That's important, says Russak, since some melanomas grow in depth, not diameter.



A BETTER PSA TEST?

TAKING A PISS MIGHT BE THE PERFECT FIX FOR THIS IMPERFECT EXAM

Kidney Cancer

+40%*

WARNING SIGNS Red or pinkish pee, low-back pain on one side, a lasting fever not caused by infection, a bump on your side or lower back

These bean-shaped organs have the tough tasks of regulating blood pressure and turning waste in your blood into urine. Yet how do you repay them? By packing on extra kilos. That's a problem because weight gain causes a boost in blood pressure and throws your metabolism out of whack. Those changes, in turn, may invite inflammation that promotes the development of tumours in your kidneys, says Steven Campbell, a Cleveland Clinic urologist.

► **THE BIG C** There are thousands of steps you can take to protect your kidneys. A study from the Lawrence Berkeley National Laboratory concluded that people who walked or ran for at least 2½ hours a week were 61% less likely to develop kidney cancer than those who moved less. And exercise, of course, will help keep both your weight and BP in check. Speaking of which, your systolic BP should stay below 120 points; recent research in the journal *Hypertension* found that men with higher readings were up to 87% more likely to die of kidney cancer.

Thyroid Cancer

+66%*

WARNING SIGNS A lump or swelling in the neck, trouble swallowing, a hoarse voice or cough that won't go away

You're surrounded by an invisible cloud of carcinogens and radiation. First the fumes: scientists noted a surge in thyroid cancer rates that aligns with the increased use of flame retardants applied to furniture and household goods since the 70s. When inhaled, these chemicals screw with your thyroid by mimicking endocrine hormones. This can disrupt thyroid function, explains Robert Udelsman, an endocrine surgeon at Yale Cancer Centre. As for radiation, the amount you're exposed to today is double that of 25 years ago. Udelsman says that's due to our increased use of dental x-rays and CT scans, often performed in the head and neck region.

► **THE BIG C** You can't torch your flame-retardant furniture, so regularly clear the air in your home by using a HEPA-filtered vacuum. Then dust with a damp towel to prevent spreading chemical-laden particles around. And speak up at the doctor's office: if your doc ever says you need an x-ray or CT scan, ask if an MRI or ultrasound will suffice, says Udelsman.

MI-3

PCA3 TEST

This urine test measures your level of the prostate cancer antigen 3 gene, a marker that rises as cancer cells proliferate, says John Thomas Wei, a professor of urology at the University of Michigan. So unlike the PSA, the PCA3 test can help discriminate between actual cancer and benign conditions, such as prostatitis or benign prostatic hyperplasia. If your PCA3 level is high, you need a biopsy. Ask your medical aid company if you're covered.

MIPS TEST

The Mi-Prostate Score measures both T2:ERG (an abnormal fusion of two genes that indicates prostate cancer) and PCA3 for an even better assessment of your risk. A study in *European Urology* found that men with the highest levels of T2:ERG and PCA3 had the highest rates of cancer detection. The MIPS also lets doctors determine if a tumour is high- or low-risk. Your doc can order the test, but some medical aids don't yet cover it yet. —J.S.



What Can a Shrink Do for You?

Plenty – if peace of mind is important to you

BY DAVID MCGLYNN

MEN ARE EVOLVING. THE OLD-FASHIONED bottle-it-up and drink-it-away approach to dealing with psychological or emotional distress has shifted to a new talk-it-through strategy: 42% of men ages 18 to 32 view the shrink's couch as an essential part of wellness, according to a 2014 millennial health survey. "Men are starting to realise that talking about their feelings can help them live happier, healthier lives," says Ronald Levant, a cofounder of the Society for the Psychological Study of Men and Masculinity. Read on to figure out if you might benefit from a couch confessional.



What kind of therapist should I visit?

A counsellor or licensed social worker will give you a solid intro to talk therapy, says academic psychologist Thomas Joiner. And if it turns out you need more help, he or she may refer you to a psychologist (a PhD or PsyD who can diagnose and treat mental illness) or a psychiatrist (a medical doctor who can prescribe medication).

If you're worried you'll choose the wrong therapeutic discipline – cognitive behavioural therapy, experiential therapy and so on – don't be. "Rapport with a therapist is way more important than the specific technique," says David Wexler, executive director of the Relationship Training Institute in San Diego. To boost your odds of success, chat with a few therapists on the phone before booking.



I'm worried my problems aren't big enough. What if I have nothing to say?

Don't worry, you're not on trial. The agenda is looser than you might expect, says Wexler. A good therapist just wants to make you feel comfortable so you can speak on your own terms.

But say you do freeze up. Ask about "triangle conversations", where the client and therapist engage in a common task, such as playing cards. "The ability to focus on the game instead of the counsellor often allows men to talk more freely," says Wexler. Or consider email or video chat. A study in the *Journal of Affective Disorders* found Internet-based therapy to be as effective as face-to-face sessions in treating depression. Find an online shrink at breakthrough.com



How am I supposed to know if I even need to see a therapist?

Sadly, there's no blood-pressure equivalent for mental health. But if you feel like you're losing control of life, a therapist can help you seize the helm. "The word I use is 'stuck,'" says Joel Wong, Ph.D., a professor of counseling psychology at Indiana University. "Most of my male clients came to me when they were caught in a rut they couldn't seem to get out of."

Problems with anger or alcohol could be cause for the couch, but don't feel you have to pinpoint the issue, says Joiner. "Do you have a problem that's affecting your ability to function? Is it costing you jobs? Relationships? It doesn't matter where it came from. It's important to get help."



How many sessions do I need before I can get on with my life?

"There's a chance we could talk through everything in one session," says Fredric Rabinowitz, a professor of psychology at California's University of Redlands. It's more likely, however, that you'll need at least a couple months of weekly therapy: a *Journal of Counseling Psychology* study found that the first couple of sessions have the biggest impact, and that the rate of improvement slows with each additional session. But it's not a one-size-fits-all plan: some people need as few as three sessions, while others in the study took 26 or more.

Regardless, don't delete your therapist's number when you're done. Many men find it useful to go back once or twice a year for a mental checkup, says Rabinowitz.



Will my shrink think I'm wasting time if I just talk about the stress of my job?

You're paying, right? So what he or she thinks doesn't matter. But more important, you probably spend as many hours at work as you do at home - if not more - and that time can have a huge impact on your wellbeing. "A job-related problem is actually a great reason to seek counselling," says Wong.

Heck, therapy can actually give you a leg up at the office: UK researchers found that 13 weeks of cognitive behavioural training significantly increased workers' job satisfaction and self-esteem. Even their productivity improved: 65% of the employees performed at or above average compared to their colleagues for two years after the therapy sessions.



Wouldn't it be easier to just pop a pill?

You should think of antidepressants as the remedy of last resort. Sure, they can be useful in some cases. But they also come with the potential for side effects, including insomnia, weight gain, and sexual problems. And they're already overprescribed in the United States: A recent study published in the *Journal of Clinical Psychiatry* reported that nearly 70% of people taking antidepressants did not meet the criteria for clinical depression.

But more to the point, a therapist can help you develop strategies for overcoming any negative thought patterns and destructive behaviors you might have, and that's something no pharmaceutical remedy can do. Or, as Wong puts it, "Pills don't teach skills."



Can therapy help me perform in the sack?

When do you most feel like getting busy: when you're happy and relaxed, or when you're stressed and tense? Exactly. Studies show that anxiety and depression can make men more likely to go limp in the bedroom. In fact, ED meds seem to be more effective when combined with therapy, according to researchers in Switzerland. And if the problem stems from sexual anxiety, counselling can help you communicate and empathise with your partner - a strategy that can ultimately relieve some of the performance pressure.

"Connecting behaviour, such as listening and emotional vulnerability, can be the greatest foreplay of all - especially for women," says Wexler. So you can earn brownie points without lifting a finger.



Should I make a special effort to find a male therapist?

Try not to focus on gender. (If you can't help it, then you have a lot to talk about on the couch.) A study in the journal *Psychotherapy* suggests that the therapist's gender doesn't affect treatment success, so ask around among people you trust for recommendations.

Still, some men may be more comfortable with a woman, and there may be scenarios in which a woman may have the edge: "If a man has gone through a difficult breakup or is having trouble understanding his wife, a female counsellor might provide a better opportunity to work through those problems," says Joiner. If you prefer to work with someone who specializes in treating men, do a search at therapistsonline.co.za



Will my therapist try to make me cry?

Relax, it's not as if anybody's getting a kickback from Kleenex. If you do tear up, know that lots of men turn weepy in therapy. They may not be used to talking about emotions, and doing so can feel overwhelming, says Rabinowitz.

In fact, a little sobbing gives you some extra bang for your therapy dollar: a Dutch and Croatian study suggests that crying may cause your parasympathetic nervous system to engage and your brain to release oxytocin, inducing relaxation and improving mood. And researchers at the University of South Florida found that tearing up in the presence of another person (yes, like your therapist) can lead to a greater mood boost than flushing your ductwork by yourself.

MT+

Style+ Grooming




NO-QUIT

GYM KIT

CARGO SHORTS AND A RUGBY
TEE WON'T POWER YOUR WORKOUT.
UPDATE WHAT'S IN YOUR DUFFEL
AND LOOK BETTER WITH EVERY REP

BY AZEEZ JACOBS • PHOTOGRAPHS JONATHAN TAYLOR



MOISTURE-WICKING
apparel made
from a wicking
fabric will nix
sweat with ease.

LEFT • EARPHONES **R449** SKULLCANDY •
JACKET **R1 199** ADIDAS • VEST **R179**
TOTALSPORTS • DUFFEL BAG **R799**
UNDER ARMOUR • SHORTS **R399**
TOTALSPORTS • ZOOM WINFLO SNEAKERS
R1 499 NIKE AT EDGARS

• PEAK CAP **R299** UNDER ARMOUR • ONE
SERIES T-SHIRT **R800** REEBOK • RUNNING
TIGHTS **R2 299** PUMA • METARUN
SNEAKERS **R3 500** ASICS

PICK A PATTERN
a bold pattern
is easy to match
with neutrals –
and the sleeveless
option means no
pit stains.

IF YOU'RE WORKING OUT IN YOUR VEST FROM VARSITY

your exercise wardrobe and your reputation need an upgrade, pronto. Just think: raise your style game, and maybe she'll start noticing. Don't forget that new, breathable materials can help you tame body odour, reduce chafing and clean up sweat. Did we mention that they look a lot sharper too? Follow these rules, and you'll be the best-dressed guy hoisting a barbell.

• CAP **R179** TOTALSPORTS • VEST **R149**
H&M • PERFORMANCE WATCH **R899**
ADIDAS AT WATCH REPUBLIC • RUNNING
SHORTS **R899** ADIDAS • AIR ZOOM ELITE
R1 499 NIKE AT EDGARS • BASKETBALL
R90 MR PRICE SPORT

BEAT THE BULK
a tapered fit
will conform to
your body without
restricting your
squat form.



MOVE WITH EASE

A form-fitted hoodie will keep your gym wear relaxed and light.



KEEP TRACK


This watch is tested to military standards, so you know it'll hold up against your workout.



1/SAY NO TO BAGGY CLOTHES

Workout gear used to be all about utility with little regard for fit. That's all changed and it's time you caught up with the trend. It's more than just aesthetics: the better the fit, the closer you can monitor your form. If your clothes don't fit right, you can't see how your body is moving. Aim for peak visibility with shorts that hit about 5cm above the knee and shirts that have no more than 8cm of slack around the waist.

• BALANCE HOODIE **R599** CAPE STORM
• CAMO WATCH **R3 199** CASIO G-SHOCK AT
EDGARS • ONE SERIES SHORTS **R900**
REEBOK • SUPERSTAR SNEAKERS
R999 ADIDAS ORIGINALS



WEIGH IT UP
You're carrying
sneakers, shampoo,
towels and clothes
- the last thing
you need is
a heavy bag.

ANKLES AWAY
Pull on a pair
of no-show socks
to absorb sweat
and fight that
foot funk.

2/EASE THE TRANSLATION

If you're the sort of guy who shows up ready to work out, be careful not to combine everyday attire with stuff designed to absorb perspiration. For instance, don't just throw that fancy blazer over your running gear and head out the door. You'll not only funk it up with sweaty gnarliness but also take months off its life span. Instead, invest in some fast-drying, odour-resistant items, like these trackpants, in a neutral colour. You'll look more put together and smell better too.

- HEADPHONES **R499** SKULLCANDY
- SEAMLESS T-SHIRT **R800** NEW BALANCE
- RUNNING JACKET **R1 399** PUMA
- STAN SMITH WATCH **R1 799** ADIDAS AT WATCH REPUBLIC
- BACKPACK **R599** UNDER ARMOUR
- TRACKPANTS **R599** OAKLEY
- GEL-NIMBUS SNEAKERS **R2 099** ASICS

DON'T SWEAT IT
These comfortable bottoms work hard, in the gym and around town.

THE RIGHT LAYERS
this lightweight jacket isn't just for gym, it's versatile enough for streetwear.

3/TURN OFF THE FLASH

Some workout clothes scream for attention with loud colours and patterns. While these pieces may be fun to rock occasionally, they're tricky to coordinate. They also age worse than mouldy cheese and tend to steer eyeballs your way when you least desire them (like on your third set of squats). Lose the superhero look and stock up on versatile shirts and shorts that more closely resemble what you'd wear on the street – simple patterns, subtle logos and no motivational quotes. Leave those for the chalkboard.

• TRACK TOP **R899** ADIDAS • WORKOUT T-SHIRT **R1 150** AND RUBBER-STRAP WATCH **R3 350** BOTH LACOSTE • SWEAT SHORTS **R299** H&M

- BLAZER **R2 700** TRENER
- GOLFER **R299** LEE AT STUTTAFFORDS
- 511 JEANS **R899** LEVI'S AT SPREE
- WOVEN BELT **R1 099** DIESEL
- ARM BEADS **R750** AT MJ COLLECTION
- SHOES **R3 850** HUDSON AT REPLAY

- SHIRT **R1 199** BEN SHERMAN
- TIE **R599** T.M. LEWIN AT EDGARS
- TIE-PIN **R120** NIC HARRY
- CHIFFRE ROUGE WATCH **R 66 250**
DIOR AT BOUTIQUE HAUTE HORLOGERIE
- HYPEFREE JEANS **R3 900** REPLAY
- BELT **R349** TRENER
- COURT VANTAGE SNEAKERS
R1 199 ADIDAS

- SPECTACLES **R1 675** FENCELINE
AT OAKLEY
- SUEDE JACKET **R3 799** H&M
- POLKA-DOT SHIRT **R1 399** BEN SHERMAN
- LEATHER-STRAP WATCH **R4 950** LACOSTE
- ROBBER CHINO **R799** 46664 AT SPREE
- BELT **R279** SPREE
- SOCKS **R170** NIC HARRY
- SNEAKERS **R850** ONITSUKA TIGER
AT EDGARS

If you're shortening jeans, have the tailor keep the original distressed hem on the bottom of each leg.

Cleaner Denim

Save the ripped light-blue jeans for your bar crawls. When at work, stick to slim- or straight-cut in a dark wash with no staining or distressing. Combine your suit jacket with a cotton button-up shirt to look more like a boss. And since you're rocking the business casual look, you're free to leave the tie at home.

HOW TO ACE BUSINESS CASUAL

IF YOUR TYPICAL WORKWEAR
IS ABOUT AS MEMORABLE AS
YOUR COLLEAGUE'S 10-HOUR
PRESENTATION, IT'S TIME TO
STEP IT UP AND STAND OUT

BY AZEEZ JACOBSS
PHOTOGRAPHS JONATHAN TAYLOR

A tailored
jacket
creates a
polished
appearance.

Divide and Conquer

Forget everything you know about suits – here's the new rule: you can wear your jacket and pants separately and still look just as good as when they're worn together. Match the jacket with jeans or chinos and a golfer. Go for bold colours like burgundy, purple or dark green – sure, grey and navy are office-ready, but they won't make much of a statement.

- AVIATOR SUNGLASSES **R1 930**
RAY-BAN AT LUXOTTICA
- SLIM-FIT BLAZER **R5 799** BEN SHERMAN
- POCKET SQUARE **R400**, CHAMBRAY SHIRT
R800 BOTH T.M. LEWIN AT EDGARS
- SLIM-FIT JEANS **R2 100** SCOTCH & SODA
- BELT **R279** SPREE

If a leather bag is too steep for your budget, opt for a canvas bag with leather detailing.

Accessories Count

Accessories show that you have a penchant for details. A tie-bar or pocket square instantly elevate any look, but you can take it even further: try a watch with a leather strap or leather loafers. For the latter, ditch the socks and show some ankle.

Stay True to Size

Still hanging on to those boxy jackets and suit pants? Do yourself a favour and choose a slim-fit option, or even better, get it tailored. A well-fitted suit won't only make you look better, but you'll feel great and have better posture too. That's the power of a suit for you.

- JACKET **R749** H&M
- MANDARIN SHIRT **R579** RIVER ISLAND
- LEATHER-STRAP WATCH **R2 599** FOSSIL AT WATCH REPUBLIC
- TROUSERS **R2 600** BEN SHERMAN
- LEATHER BAG **R1 850** REPLAY
- LOAFERS **R2 295** CARVELA AT SPITZ

Beware of
polka-dot
inflation: larger
tie patterns are
more casual,
while smaller
ones are dressy.

Go for Skinny

Put your neck on the line and reinvent your collection: go for a slimmer tie. Choose a patterned one to add some quirkiness and be sure to wear with a solid shirt, unless you've graduated from a master class in pattern-mixing.

Step Into the Right Kicks

If you're lucky enough to work in a creative office, you're probably allowed to bring some kicks into the mix and even celebrate Casual Friday. But that's no excuse to put on your gym takkies. Look for sneakers in suede, leather or canvas that are simple and minimalist. Experiment with different silhouettes and most importantly, keep them clean.

STOCKISTS

ADIDAS 021 421 8272
ASICS ASICS.CO.ZA
BEN SHERMAN
021 425 8996
BOUTIQUE HAUTE
HORLOGERIE 011 325 4119
CALVIN KLEIN 021 418 1185
CAPE STORM
CAPESTORM.CO.ZA
DIESEL 011 630 4000
EDGARS 0860 692 274
FOSSIL ACCESSORIES SOUTH
AFRICA 021 418 0045
H&M 021 826 7300
LACOSTE 021 421 8836
LEVI'S 021 403 9400
LUXOTTICA 021 486 6100
MR PRICE SPORT
MRPRICESPORT.CO.ZA
NEW BALANCE 021 657 9700
NICHARRY
NICHARRY.CO.ZA
OAKLEY 0861 486 100
PUMA 021 421 8510
REEBOK 031 459 8800
REPLAY 021 418 8549
RIVER ISLAND 021 555 3691
ROCKPORT 021 551 2151
SCOTCH & SODA 021 418 1725
SKULL CANDY 011 262 0399
SPITZ 0860 109 321
SPREE 087 740 1010
STUTTA FORDS 011 879 1000
RVCA THE STORE 021 461 7424
TOTAL SPORTS
TRENER 021 419 2609
THE ATHLETES FOOT
021 421 5717
WATCH REPUBLIC 021 418 0045

- DRESS SHIRT R2 299 CALVIN KLEIN
- POLKA-DOT TIE R499 TRENER
- TIE-PIN R120 NICHARRY
- CLASSIC HEXAGON WATCH R65 400
EBEL AT BOUTIQUE HAUTE HORLOGERIE
- TROUSERS R399 H&M
- BELT R349 TRENER
- SOCKS R170 STANCE AT RVCA THE STORE
- SNEAKERS R699 TRENER

Hit Refresh at the Gym

Think you look your best after a workout? Stock up with these essentials so you smell the same way

BY AZEEZ JACOBS

1/ Treat Cuts and Scrapes

Anything can happen during your workout, no matter how careful you are. The packaging allows you to apply the germ-killing solution directly to your cut, instead of just using your finger. *Jack Black Mr Fix It Antimicrobial Wound Rescue 25ml* **R460** Metro Cosmetics

2/ Get a Better Looking Mug

This gel cream locks in moisture with its superlight water-in-silicone formula. It'll feel like a cool splash of water on your face when you apply it (and it also helps slow down the ageing process). *Lab Series for Men Age Rescue Water Charged Gel Cream* **R530** Edgars

3/ Look More Matte

This ultra-fine toning mist instantly cools the skin and helps remove excess oil to reduce the appearance of shine and pores. You'll end up with a smooth, matte and healthy-looking appearance. *Oil Eliminator Toner for Men 180ml* **R345** Kiehl's

4/ No More Sweat Stains

Sure, sweat is a sign that you're putting your all into your workout but you don't want pit stains when you're not in the gym. This anti-perspirant is designed for sweat protection from heat rashes caused by the weather and physical activity. *L'Oreal Men Expert Thermic Resist Anti-Perspirant 200ml* **R40** Clicks

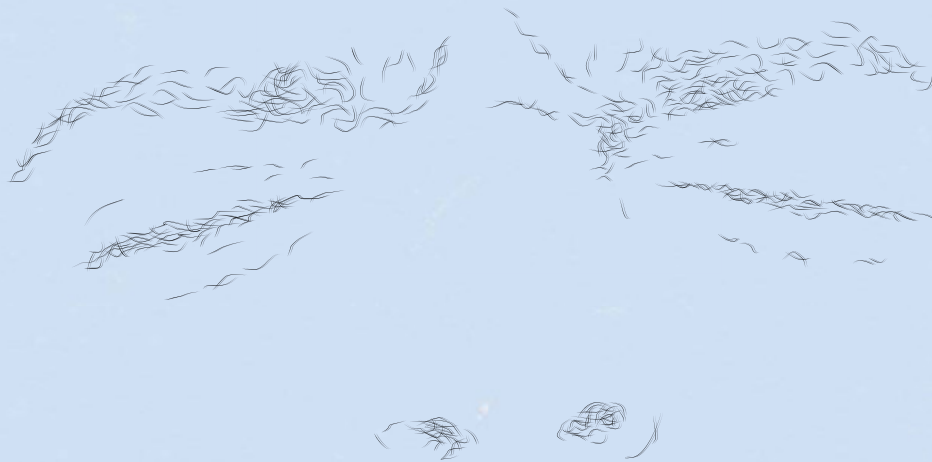
5/ Smell Like a Gentleman

Consider your post-gym scent sorted. This scent has top notes of citrus, followed by nutmeg, leather and soothing woody aromas of cedar and vetiver. *Issey Miyake L'eau D'issey Pour Homme Sport 100ml* **R1 040** Red Square

6/ Don't Be a Dirtbag

There's a new wave of high-tech body washes and they do so much more than just wash away the filth of the gym floor. This one cleanses your skin without drying it out, and it's a 3-in-1 so it'll save you space too. *Nivea Men Active Clean Shower Gel 250ml* **R25** Dis-Chem





THE LEAST PAINFUL WAY TO REMOVE BODY HAIR.

Removing that unwanted body hair doesn't have to be a painful experience. Soft 'n Smooth is a hair removal product for men that's tough on hair, but gentle on skin, ensuring that you stay smoother for longer.



IF SPIDERMAN
HAD A HERO,
HIS NAME
WOULD BE
CALEB.

SuperHeroes

Visit **mnet.tv/superheroes** for Caleb's
story of courage.



reach for a dream
inspiring hope



YOU: STRONGER LEANER 'TOUGHER'



Strength, speed and stamina - these guys prove you can have it all. Put in the work, and you can too. It's time to build your own power. Here's your chance to learn and burn with the very best

DWAYNE

HOLLYWOOD SCREENWRITERS AND WWE IMPRESARIOS MAY HAVE GUARANTEED DWAYNE JOHNSON'S SUCCESS IN MOVIES

JOHNSON'S

AND IN THE RING. BUT FATE CAN BE A TRICKY ADVERSARY, WITH UNSCRIPTED PLOT TWISTS AT UNLIKELY TIMES.

NEW

WE ALL STRUGGLE WITH FIERCE PERSONAL BATTLES, NO MATTER HOW INVINCIBLE WE MIGHT SEEM ON THE OUTSIDE.

WARRIOR

THESE ARE THE TOUGHEST FIGHTS OF ALL. AND THE MAN WHO PLAYS AMERICA'S BIGGEST ACTION HEROES WANTS TO HELP

CODE

YOU WRITE YOUR OWN TRIUMPHANT ENDING / BY BEN PAYNTER / PHOTOGRAPHS BY NINO MUÑOZ / PAGE 102





HE'S FAMOUS FOR PACKING HEAT ON THE BIG SCREEN. BUT ON THE DAY I meet him, The Rock is packing Tupperware.

Specifically, he's toting his translucent to-go tub inside the Hotel Bel-Air lounge, a quintessential LA hot spot. But the atmosphere looks dicey: a table of boozed-up real estate developers is causing a ruckus.

Nothing good can come of an encounter with that mob, so he strides down a long hall to another classic eatery, Wolfgang Puck's, which adjoins the hotel.

A hostess quickly seats Johnson at a white-clothed table; he is backlit by a wall of glowing votives. A formally dressed server approaches. Johnson smiles and makes the ask: "Could you do me a favour, please?"

The server waits patiently, perhaps wondering what crazy celebrity demand is forthcoming. But Johnson simply pops the lid on his container, revealing a pile of sliced chicken and scoops of rice. When you're built like he is, you need to control the quality and quantity of the food you're eating.

Would she mind putting that tray in the microwave on high, preferably with a paper towel over it? No arched eyebrow in sight.

IN HIS SHOW-BUSINESS JOB, DWAYNE JOHNSON IS FLEXING PERSONIFIED.

We know him as the ultra-buff hero who knocked out costumed titans in the wrestling ring or dispatches CGI monsters in the movies. Winning is assured because it's been scripted, sometimes even amped up with special effects.

Out of the spotlight, he's had a life - and then some. Just one of Johnson's low points over the past 43 years could anchor a schlocky cinematic comeback story. Lump all his baggage together, though, and it'd make for a depressing, exhilarating, almost unbelievable yarn.



■ RAPID FIRE



DWAYNE 'THE ROCK' JOHNSON

— Personal Mantra

"Let's just get better."

— Sex Euphemism

"The Horizontal Hula."

— Wake-Up Time

"I like to beat the sun up. I function pretty good on five hours of sleep."

— Workout Ethos

"If it's an exercise you don't like, generally there's some value in it."

— Finding Success

"There is no substitute for hard work. All it takes is all you got."

Dwayne Johnson, the actual guy, started out poor; he tangled with the cops as a teenager. At age 14, he and his mom came home one day to find a lock and an eviction notice on the door of the efficiency where they'd been living in Honolulu. "I remember thinking, 'I will do whatever I can to make sure this never happens again,'" he says.

Step one: hit the gym. His father was a wrestler, so he equated fitness with power and the potential to achieve something. Step two: leverage your new body. He won a football scholarship to the University of Miami, and then a national championship with the Miami Hurricanes. Step three: always have a backup plan. An injury sidelined Johnson during his senior year at Miami, costing him a shot at the NFL. Instead he ended up playing in Canada but was dropped in his first season and had to move back in with his parents.

Then he was adrift. He broke up with his girlfriend, Dany Garcia. (They later married.) It's an episode he doesn't elaborate on, but this was reportedly one of several periods of depression. That's a fight with an unscripted ending.

Things got back on track after Johnson convinced his dad to train him as a pro wrestler. He learned enough moves to tag into the sport's lower league, grappling in barns and used-car dealerships around the South. At the time, the idea was simply to do his best. "It wasn't 'I want to get into this because I want to make money,'" he says. "I felt like if I became something, I could change the circumstances that we were in."

By 2001, he'd built his alter ego, The Rock, to the point where he could take a risk on Hollywood. He played a small part in *The Mummy Returns* as a desert warrior known as the Scorpion King. That earned him top billing

in a sequel that body-slammed the box office. But Johnson worried about being typecast, so he shed his WWE moniker and trimmed down, trying to hone a classic leading-man appeal. When he posed for *MH's* cover in 2006, he barely recognised himself. In the photo he's in a swimming pool wearing a soaking-wet dress shirt. He's lighter, with a surfer haircut. "I personally can't look at that picture. That guy has no clarity," he says.

Even now, this guy goes by so many names it's hard to keep current. While shooting video for *menshealth.com*, he introduced himself this way: "Rock here. Or DJ or Dwayne or Uncle Handsome. They all work."

Identity crises are harder to slide past. Once he started doubting himself, he struggled. He starred in *The Tooth Fairy* and did a voice-over role in a *Transformers* cartoon. He wasn't even Optimus. "What I realised the hard way was that the most powerful thing I could have been was just myself," he says.

That's the deal with real life: some issues can't be tied up neatly in two hours by going into beast mode. The fantasies he spins may make you plunk down the price of a movie ticket, but they evaporate when you leave the theatre. Dealing with the realities he's faced, Johnson sought ways to stay motivated and strengthen his resolve. He calls it his "warrior manna". It's a spiritual power the man behind the world's most macho make-believe roles has tapped into time and time again. He's learned to be relentless.

Careerwise it's paid off for him: Johnson is currently the second-highest-grossing actor in Hollywood; he earned an estimated \$52-million at the box office last year, according to *Forbes*. (Robert Downey Jr. was number one, by the way. Maybe there's something to this life-battle thing.)

This year, The Rock will appear in *Baywatch*, the comedy *Central Intelligence*, with Kevin Hart, and, of course, *Furious 8*. His most recent one is earthquake disaster flick *San Andreas*. Spoiler alert: Johnson's character, Chief Pilot Ray Gaines, saves the day without even taking off his shirt. And he decks a bad guy. "It always feels fulfilling to jaw-jack one dude," he says. Well, pretend to jaw-jack, of course.

To that end, Johnson doesn't see playing heroes as his most important role anymore. Many of his current projects, like the recent show *Wake Up Call* (in which he helps ordinary people facing extraordinary challenges) and the series *Ballers* (in which he plays a pro football player-turned-financial manager trying to get his life back on track), highlight people like him who must deal with the "nuances and flaws" of being human.

"In movies like *San Andreas*," he notes, "I play a cool guy who trips up a little bit and comes back." In doing so, these characters inspire others, rallying them to make more powerful things happen. "But in real life you trip a little bit more often than you do in movies, and you're a bit more flawed."

Johnson readily admits that he still struggles. "I've got a pretty cool job, but man, I'm hard trying to be a great dad," he says. He has a teenage daughter with ex-wife Dany. (They divorced in 2008.) "There was a time in my life when I used to joke that my name should just be 'I'm sorry,'" he says. Then he plays with all the ways he's pronounced that word. "I'm sorry. I'm soooooorry... And I'm sorry right now for all the shit that I'm going to say, probably, in a week's time."

THE WARRIOR ANGLE IS REAL, BY THE WAY. JOHNSON IS HALF SAMOAN, from his mother's side. He's a descendant of the lineage of Malietoa, or ruling chiefs, of Samoa. You've probably seen modern Polynesians performing their elaborate war dances on YouTube, stomping their way into a frenzy. They flex, pose, and hike up their grass skirts to show off every inch of the bone-hammered tattoos encircling their bulging quads and rippled torsos. It makes WWE posing look like cartoon conflict.

Johnson's grandfather, a former pro wrestler who went by the name of High Chief, paid homage to his bellicose ancestors with tattoos, which became part of his stage persona. And Johnson created his own tribute: Polynesian symbols that wrap around his enormous left biceps, left pec,

and shoulder. What does this warrior legacy really mean in the modern era? That's hard for him to express. "I will do whatever I can do with my two hands to protect and excel," Johnson says. It sounds like sloganeering; what @

◀ **THE ROCK'S RULE**
Be authentic. "If I want to blow shit up, I'm gonna blow shit up," he says.



◀**EYES ON THE PRIZE**
Be honest with yourself. "I'm looking to come in and kick ass," he says.

But this cuts to his core. Johnson boils the premise down to this: A modern man shouldn't be afraid to act boldly in life, love, or his career. A century ago our ancestors did far more dangerous things just to survive. "Generally what you think is a challenge is probably not," he says.

Johnson isn't alone in seeking tribal support. The so-called Male Warrior Hypothesis, as defined in the journal *Philosophical Transactions*, states that men throughout the ages have clustered in tribes to stay motivated, embrace risks, conquer pain and build empires. Early hunter-gatherers warred constantly over turf, resources and women, says study author Melissa McDonald, an assistant professor of psychology at Oakland University. Those who joined forces were more likely to survive (and reproduce).

Consider lab rat #22 347: Dwayne Johnson. Throughout his life, he has sought out workout buddies after school at the local Boys Club gym, his Hurricane teammates, the brotherhood that play-fights in neon underwear, the *Furious* boys' club of Hollywood action-film stars. They are all high-testosterone crews that drove, and were driven by, Johnson to accomplish more. He fell, got up, rose to the top, and fell again. And again. One example: after Hollywood D-listed him, Johnson formed his own studio, 7 Bucks Productions. The name pays homage to how much money he had left in his pocket after being unceremoniously dropped from football.

It's worth picking apart his example a bit. In a 2013 study in the journal *Psychological Science*, UCLA researchers asked two types of men - those travelling alone and those with a group of peers - to rank the formidability of a person shown in a mug shot. Those with comrades ranked the evildoer as smaller and weaker than those without backup did. That explains underdog team gumption, at least in sports. But the Male Warrior Hypothesis also posits that men in groups are willing to sacrifice their own wealth, time and energy if it means their group is more likely to succeed. You get evicted, find your band of brothers for self-defence. Then you rise together.

For Johnson, a few anchors even out the ups and downs. Staying physical maintains his motivation. He often wakes up at 4am to do cardio, eat and then hit the gym to lift. It's like a meditation. "I strategise because the world is crazy," he says. "The morning is that special time. It's for no one else but me."

He's also trying to spur on his fans to face the fight. The guy basically invented inspirational hashtags (like #ChasingGreatness and #Team-BringIt) and just released an app from Project Rock called the Rock Clock, an interactive alarm that has Johnson heckling you to seize the day.

The idea is to encourage fans to achieve their goals with unique daily messages and videos. Johnson even uses his virtual tribe to motivate himself, posting what time he woke up, how projects are going, or even He-Man Hallmark goals like "Laugh Hard, Love Powerfully, Global Domination." "The feedback is the best part," he says.

There's still some over-the-top bravado. On that same goal list, he wrote "Swear less" but then added a footnote with an arrow to it. "Fuck this one."

THAT'S ONE KEY TO JOHNSON THE MAN. IN PERSON, HE'S MORE ALOHA than aggro, a warm, welcoming human being instead of a chest-beating conqueror. After climbing out of the muck, he has a sense of humour about his persona.

At Wolfgang Puck's, for instance, he's approached by an XXXL employee of the restaurant. "Hey, I'm taller than The Rock," the guy bellows, loud enough to cause a stir. "Maybe I can take you."

Johnson stares at him, nose-to-nose. The room is so quiet you expect tumbleweeds to blow between them. Then plain Dwayne breaks into a broad smile and laughs loudly. "Take me... to lunch?" Bystanders bust a gut.

That same charisma was on display during his recent turn hosting *Saturday Night Live*. For days, Johnson rehearsed with good humour inside NBC's historic Studio 8H. At one point, an *SNL* director asked him to step in front of a green screen and play Scoremax, a high-testosterone parody of the archetype that made him. He nailed it, roaring with abandon until the crew was rolling.

The sketch never aired. But Johnson didn't seem to care, as long as he went big. "Often we get caught up in 'It's gotta be great. It's gotta be perfect,'" he says. "Well, no. Just be better today than you were yesterday."

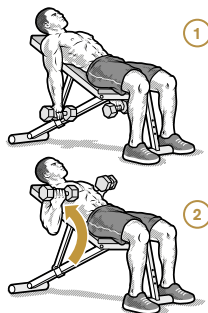
He's pushing for improvement - his and yours - even in the smallest moments. As we depart Puck's, he offers me an elaborate bro-hug, but I fumble it. He takes a step back, looks me up and down, and calls for a do-over.

"Let's get that right," Johnson says, reaching out confidently to coach me to a better performance. That's the muscle he loves to flex. **M+1**

ARM YOURSELF

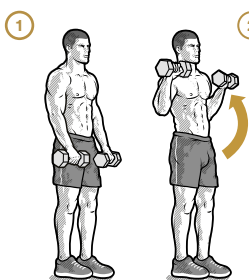
One thing is obvious about Dwayne Johnson's arms. "He has some very special genetics," says Brad Schoenfeld, author of *The M.A.X. Muscle Plan*. But even if your DNA isn't Dwayne-like, you can still shred a sleeve by adding these moves to your workouts

Biceps/Incline Curl



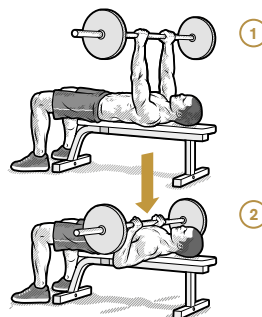
Lie on a bench set at 45 degrees holding a pair of dumbbells at arm's length toward the floor, palms forward (1). Curl the weights as close to your shoulders as you can (2). Pause, then lower them. Do 3 sets of 8 to 10 reps.

Brachialis/Reverse Curl



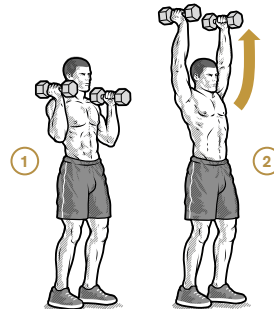
Stand holding a pair of dumbbells in front of your thighs, palms back (1). Without raising your upper arms, curl the weights as close to your shoulders as you can (2). Pause, then lower them. Do 3 sets of 8 to 10 reps.

Triceps/Close-Grip Bench Press



Lie on a bench holding a barbell above your chest using an overhand, shoulder-width grip (1). Keeping your elbows tucked, lower the bar to your sternum (2). Press it back to the starting position. Do 3 sets of 6 to 8 reps.

Shoulders/Overhead Press



Stand holding a pair of dumbbells just outside your shoulders, palms facing inward (1). Press the weights directly above your shoulders (2). Pause, then lower them back to the starting position. Do 3 sets of 8 to 10 reps.

2

Be Strong in Every Way

IDRIS ELBA

YOU CAN'T FAULT ELBA'S WORK

ethic. It's been a ludicrously busy 24 months. After playing Madiba, he guarded the gates of Asgard in *Thor: The Dark World* and *Avengers: Age of Ultron*. Then he shot *The Gunman* with Sean Penn and travelled to Ghana to play a heartless warlord in *Beasts of No Nation*. These days he's working on *Star Trek Beyond* and you can see him on TV screens now as Luther, the maverick London detective. His training shows the same dedication. The 1.9m, 88kg British actor has trained in kickboxing for a decade and it shows: he wants to be able to kick ass if necessary. "Some guys want to be toned, or jog forever," he says, "but my ultimate fitness goal is to be fight-ready. If I step into the ring, could I go toe-to-toe with a guy for five rounds? That's what I consider fit. I want to know that if I'm being wrestled to the ground, I've got the strength to fight a man off. And when I'm fit, I'm a lot more focused," he says. Use his high-paced bodyweight circuit below to get ring-ready in no time.



COMBAT CIRCUIT

Complete 4 rounds. Each round, skip and work the bag for 2 minutes each. Then do 40 jumping jacks, 40 squats, 20 inchworm push-ups and a plank and side plank (30 seconds each). On successive rounds, switch sides on the side plank and do 10 fewer jumping jacks and squats and 5 fewer inchworms. So in round 4, you'll do 10 jacks, 10 squats and 5 inchworms.



1/ Skipping
On the balls of your feet, jump 5cm up as you rotate your arms. No rope? Pretend. 2 minutes



2/ Heavy Bag
Mix jabs, hooks and uppercuts. Switch sides every 30 seconds. No heavy bag? Shadowbox. 2 minutes



3/ Jumping Jacks
Focus on clean movements. Kick your legs out quickly, clap overhead and repeat. 40 reps



4/ Squat
Brace your core, push your hips back and bend your knees. Pause; push yourself back up. 40 reps

"My goal is to be fight-ready. I want to know I have the strength to fight a man off"



3

Use the 50-Rep Rule

JAI COURTNEY

This Australian actor has been collecting big roles recently and has built a scene-stealing body. He played a hard, lean resistance fighter in *Terminator: Genisys* and you can see him as Captain Boomerang in *Suicide Squad*. His routine: 50 body-weight reps (air squats, push-ups or lunges) before each meal. Stoke your metabolism and earn each bite.



Climb to a Six-Pack

4 Matt Damon

Matt Damon has made Jason Bourne the ultimate soldier and has built the body to match. For his latest role in *Bourne 5*, he turned to US trainer Jason Walsh and a fitness tool called the Versaclimber (versaclimber.com). There aren't many machines in SA, but there is one similar, potent bodyweight move you can do: the mountain climber.



Swing Into Shape

5 Alex Skarsgård

He may not be as famous as some of his big screen peers (yet), but this Swedish star is destined for greatness and his ripped role in *The Legend of Tarzan* is a big step forward. For the title role, he had to add more muscle to his lean, athletic 1.8m frame. His nutritional foundation: skinless chicken breasts and vegetables. How did he do it? Four months of bodyweight circuits.



Switch to Mobile

6

Kelly Starrett

This physical therapist's book, *Becoming a Supple Leopard*, has made stretching cool again. Starrett's breakthrough: emphasising how mobility improves performance. Do the three moves below every day:

THE SUPPLE CIRCUIT



Couch Stretch

With your back to a couch, pull your right heel to your butt with your right hand. Tuck your right knee into the couch. Place both hands on your left knee. Hold 2 minutes; switch legs and repeat.



Upper-Back Ball Roll

Duct-tape two cricket or hockey balls together and lie on them so a ball is on each side of your spine. Hug yourself. Roll left and right for 20 big breaths. Flex forward and back for 20 breaths.



Hip Complex

Assume a deep lunge, left knee on the floor. Place your hands on the floor and lower your torso. Lay your right forearm inside your right foot. Hold 2 minutes. Switch sides.



5/ Inchworm Push-Up

From standing, bend and "walk" your hands out until you can do a push-up. Then "walk" back. 20 reps



6/ Side Plank

Hold a plank for 30 seconds and a side plank for 30 seconds. Rest 60 seconds. Start the next round.



Be Fit as a Fed

7 Luke Bracey

Australian actor Luke Bracey plays FBI agent Johnny Utah in the remade *Point Break*. Real-life agents are fit too, thanks to a new test. Try it: hit a track and do these drills, resting 5 minutes between them. **1.** Sit-ups for 1 minute **2.** 300m sprint **3.** as many push-ups as you can **4.** 2.4km run. Your perfect score: 58 sit-ups, 40.9-second sprint, 71 push-ups and 2.4km run in 8:59.



Leave the Office

8 John Krasinski

He had 16 weeks to transform from a meek, soft-around-the-middle office dweller to a butt-kicking Navy SEAL for the movie *13 Hours*. Here's how he added 11kg of muscle: 3 dumbbell lifts 3 days a week: seated shoulder press, row and bench press. Follow those with 1 total-body lift, like deadlifts on day 1, barbell bench on day 2 and squats on day 3. Finish with core and conditioning work.

Week 1: 3 sets, 12 reps.









Week 2: 4 sets of 12, using heavier weights.

Week 3: 4 sets of 8, with heavier weights.

Week 4: 5 sets of 6, with heavier weights.

THE BADASS BRACKET

TV and film tough-guys face off in the ultimate celebrity knockout

 <p>VIN DIESEL 1.9m, 102kg Dominic Toretto, <i>Furious 7</i></p>	 <p>DAVE BAUTISTA 1.9m, 120kg Mr Hinx <i>Spectre</i></p>	 <p>TRAVIS FIMMEL 1.9m, 81kg Ragnar Lothbrok, <i>Vikings</i></p>	 <p>JASON STATHAM 1.7m, 78kg Deckard Shaw, <i>Furious 7</i></p>	 <p>JAKE GYLLENHAAL 1.75m, 79kg Billy Hope, <i>Southpaw</i></p>	 <p>LIEV SCHREIBER 1.9m, 87kg Ray Donovan, <i>Ray Donovan</i></p>	 <p>LIAM NEESON 1.9m, 101kg Brian Mills, <i>Taken 3</i></p>	 <p>SEAN PENN 1.7m, 80kg Jim Terrier, <i>The Gunman</i></p>
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VIN DIESEL, 48, built his impressive physique powerlifting, but he also does parkour and fight training to stay agile.



JASON STATHAM, 48, stays strong by doing Olympic lifts, fight training (kickboxing, karate, kung fu), gymnastics and mobility work.



JAKE GYLLENHAAL, 35, trained twice a day for five months at Lb4Lb Boxing Gym in Los Angeles for *Southpaw*. He got ridiculously lean and added 7kg of muscle.



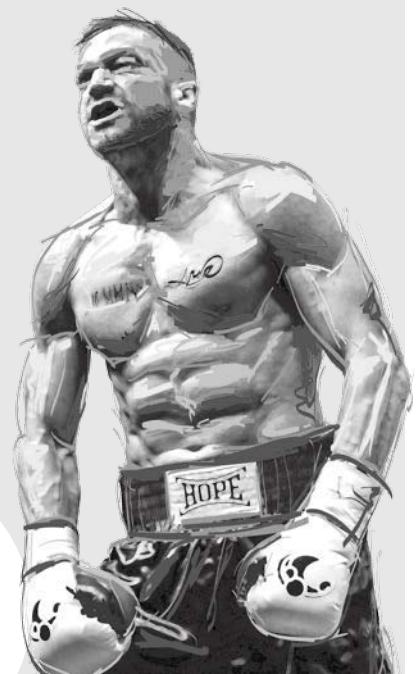
SEAN PENN, He may be 55, but his training for *The Gunman* has revealed a rig that puts action stars half his age to shame. His focus: compound moves and 5 rep maxes.



CHAMP

When it comes to pure athleticism and having a well-rounded mix of speed, power and strength, no other actor in this list even comes close.

Long live the muscle king of the big screen, **JASON STATHAM**





Max Out

TOM HARDY

AN MMA BRAWLER IN *WARRIOR*, a buffed-up villain in *The Dark Knight Rises*, a diesel demon in *Mad Max: Fury Road* - Hardy, 38, kicks all kinds of celluloid ass. His dynamic physicality is just another part of the shapeshifting act: "I'm a face puller," he says. "The reality is I'm a bit crap at sport. I just train to look the part." Matt Evans, his CrossFit trainer, gives him full credit. "The hard work, focus and versatility you see in Tom's acting are mirrored in his training." On set, Hardy works out using a jungle gym with stations for dips, pull-ups and suspension exercises. In one of his favourite workouts, he does 3 rounds of this circuit in under 12 minutes: **1.** 500m row, **2.** 24 kettlebell swings (*see below*) and **3.** 12 pull-ups.

MAD MAX MUSCLE



Kettlebell Swing

Put a kettlebell (Hardy uses 24kg) on the floor in front of you. Bend your knees to grab it with both hands as if you're going to hike it. Use your hips to swing the weight back and then thrust it up to shoulder-height. Keep swinging it back and forth.



"I'm a bit crap at sport. I just train to look the part"



10

Train Like Superman

HENRY CAVILL

Cavill has carved himself into one of the most powerful action stars and it's not about "show" muscle. He has worked with the legendary Gym Jones to make his body worthy of the red cape. The three main training strategies that he's used: a mix of heavy lifting (compound moves and kettlebell), increased kilojoule intake and intense conditioning. It ain't easy, but the superhuman rewards make it worth it.

11



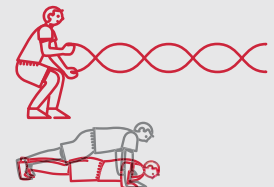
MMAke a Difference

CONOR MCGREGOR

YOU'LL STRUGGLE TO FIND someone with more confidence than this UFC superstar. But that belief is backed up by incredible talent and a work ethic that's arguably the best in the octagon. Connor "The Notorious" McGregor is currently the UFC Featherweight Champion and, at the time of going to print, was on a record 15-fight winning streak. The biggest lesson you can learn from him is his ability to use a number of different training methods to make him a better all-round fighter: everything from *capoeira* and parkour through to working with movement experts like Ido Portal.

Here are three drills you can use to forge epic strength and stamina: **1.** Sprint and sled push: alternate 30 seconds of sprints and 30 seconds of sled pushes for 5 minutes. No sled? Fast-walk with dumbbells instead. **2.** Push-ups and battle ropes (*see below*). **3.** Raise 75: work towards a goal of 75 pull-ups with varying grips. Start with as many as you can, and on your last rep, hang for as long as possible.

THE MMA SUPERSET



Push-Ups and Battle Ropes

Alternate 20 push-ups with 30 seconds of battle ropes continuously for 5 minutes. Vary the rope exercises by alternating rounds of single and double waves. No battle ropes? Jump rope instead. If your form falters, take a rest.

12

Learn from the Best

ROB MacDONALD

This mountain of muscle has been featured in our pages and has created a number of workouts for us. The training director of Gym Jones is one of the best coaches in the world and his daily feed of fitness is the perfect mix of instruction and motivation. His own numbers are epic: 87 calories burnt in 60 seconds on an Airdyne bike and he holds the 500m SkiErg world sprint record in his age group (1:21.5).





Roll a Six-Pack

13 Calvin Harris

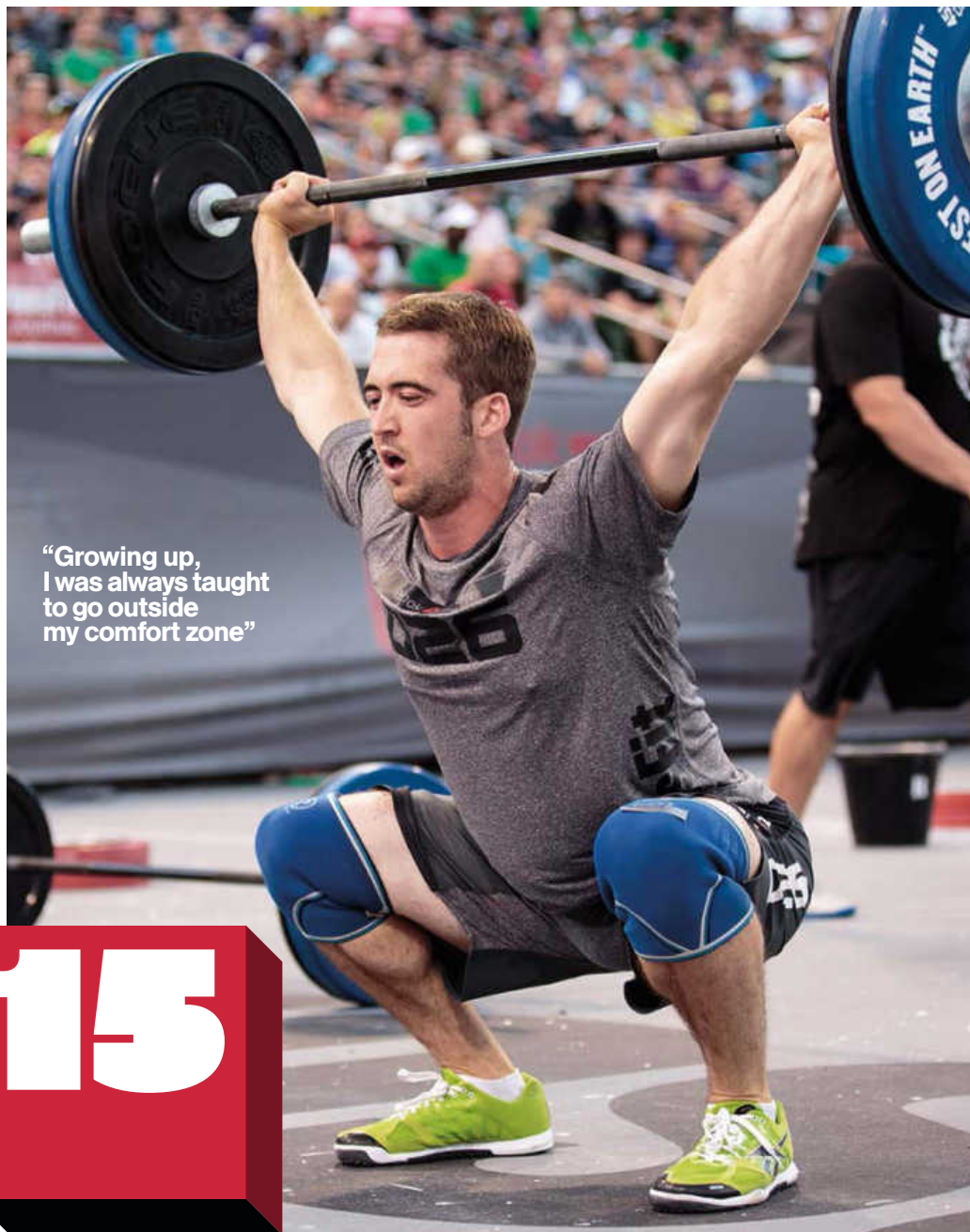
You might recognise Harris from his Armani underwear ads or as the man with Taylor Swift on his arm, but the 31-year-old is also one of the world's top DJs. To stay fit on the road, the Scottish teetotaler relies on an ab-roller. Try this ab-wheel drill from trainer Craig Ballantyne: instead of going straight, roll out at a 45-degree angle. Alternate sides and aim for 3 sets of 15 per side.



Make Like a Monkey

14 Mike Sharma

Arguably the best climber of the last 20 years, he's famous for opening up impossible routes and finding hand holds where there are none. He recently pulled off a amazing first ascent of El Bon Combat in Barcelona, Spain. You can't climb at his level, but you can improve your arm, back and forearm strength. The move: wide arm pull-ups, with varied grips.



"Growing up, I was always taught to go outside my comfort zone"

15

Be CrossFitter than Anybody

BEN SMITH

LAST YEAR'S CROSSFIT GAMES INCLUDED SWIMMING 1 000m, lifting 92kg kettlebells and flipping 254kg boxes. When the chalk settled, 1.7m, 88kg Smith had earned the title of Fittest Man on Earth. "Go outside your comfort zone," says Smith, 25. "I've done harder things in training than I did in the Games." His speciality is Olympic lifting: heaving barbells off the floor, over his head. (Consult a coach to learn.) These moves helped him: **1.** Deficit deadlift: (First, make sure you can do a deadlift without rounding your back.) Stand on a 5cm platform, use a very wide grip and do a deadlift. **2.** Push press and overhead squat: *see right*.

BEN'S BARBELL BLASTER

Push Press and Overhead Squat

Before trying this, you must be able to squat perfectly. Grab a bar with a wide, overhand grip from a rack at shoulder height. Dip your knees and push the weight overhead. Squat for 2 reps. That's 1 set. Do 5 to 8.



16



Target the Right Muscle Groups

RYAN REYNOLDS

THIS FUNNYMAN HAS NEVER had any problems with getting in shape. From his huge muscle gain for *Blade Trinity* (he packed on 11kg of lean muscle) to his ripped performance in *The Green Lantern* and most recently as the merc with a mouth in *Deadpool* – he has learnt how to get the most out of his training. His trainer, Bobby Strom, has coached him for the past eight years, toning him up and rimming him down through all of his different movie challenges. Here are two rules Strom follows when planning Reynolds training.

(1) Mix it up. Strom uses a Matrix day to help Reynolds recover and keep the training fresh (TRX, mobility work, plyometrics, yoga and kickboxing).

(2) Core comes first. Every workout that Reynolds does starts with a solid 20 minutes of core work.



Train Like a Decathlete

17 Ashton Eaton

The Olympic decathlete champion broke his own world record last year, proving that he's getting stronger and faster every year – and is peaking just in time for Rio. One example: his 100m dash time was a blistering 10.23 seconds. The lesson for you: the quality of recovery is just as important as the quality of training. His favourite stress relief: steam rooms.



Reach Your Peak

18 Isaac Caldiero

It's fitting that this 33-year-old climber won the race to the summit of *American Ninja Warrior*'s Mt. Midoriyama. Caldiero forged his upper-body strength by inching up rock faces and doing pull-up ladders. Estimate how many pull-ups you can do without stopping, and do half of them. Rest a minute and repeat your half max until you can't hit it after a minute of rest.



Slice Away the Fat

19 Hugh Jackman

You can't have a celebrity fitness list and not include this hairy, clawed, musclebound monster. Jackman trains with The Dog Pound in New York most of the time and focuses on the big compound lifts: deadlifts, squats, lunges, pull-ups and farmer's walks. And in terms of nutrition, he still relies on a regular cheat day to keep him honest for the rest of the time.



20

Add 16kg of Muscle

BRADLEY COOPER

To play Navy SEAL Chris Kyle in *American Sniper*, Cooper packed on 16kg of muscle training with Jason Walsh, founder of Rise Nation. Follow his rules to bulk up smartly.

1. Build a base with total-body moves, such as split squats and deadlifts. **2.** For every set of pushes you do (like bench and overhead presses), do 2 sets of pulls (rows and pull-ups). **3.** Take notes on your workouts to chart your progress and stoke motivation.

**WORKOUT
OF THE
MONTH**
—
**MARCH
2016**

A-List Abs+Arms

Men'sHealth

Build an action-hero body with this workout from the trainer who prepped Bradley Cooper for *American Sniper*

DESIGNED BY

Jason Walsh, owner of Rise Nation in West Hollywood

BEST FOR

Packing on slabs of rock-solid muscle and torching fat all over

EQUIPMENT

Dumbbells, Valslides, pull-up bar, bench, barbell, weight plates, stability ball, cable station

KILOJOULES BURNED

2 700*

TIME

51 minutes

*As measured by a fit, 1.9m, 80kg man using a Polar M400 sports watch

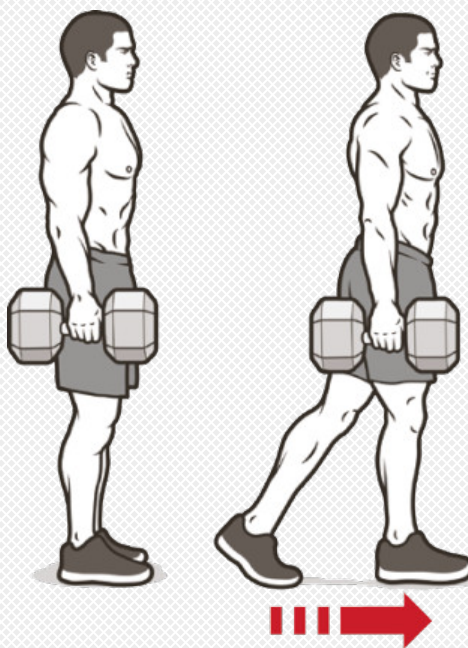
DIRECTIONS

To complete this workout, you'll do 4 different circuits, beginning with circuit A. Perform 1 set of each exercise in the order shown, without resting; then rest for 90 seconds. That's 1 round. You'll do 4 rounds of each circuit; finish all your rounds before moving on to the next circuit. To increase the challenge, do one of the mini-finishers in "Make It Harder!" (next page) after completing the final round of each circuit.

A CIRCUIT

1/ Farmer's Walk

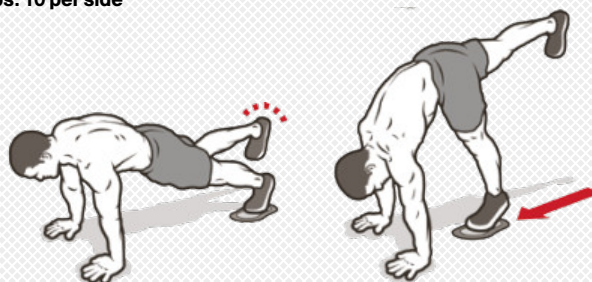
Grab a pair of heavy dumbbells; each one should equal about half your body weight. Let the weights hang naturally at your sides. Turn your wrists forward slightly so your shoulders are rotated down and back. Walk at a slow, controlled pace, taking regular-length steps. Avoid slumping your shoulders and extending your back. **Time: 30 seconds**



2/ Single-Leg Slide Pike

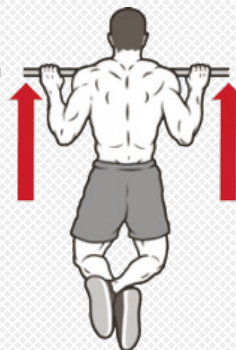
Assume a pushup position with your left foot on an object – like a Valslide, paper plate or towel – that can slide across the floor. Raise your right foot slightly. That's the starting position. Keep your legs and your upper back as straight as possible and raise your hips as high as you can. Pause at the top; then return to the start. That's 1 rep. Do all your reps and switch sides.

Reps: 10 per side



3/ Pull-Up Combo

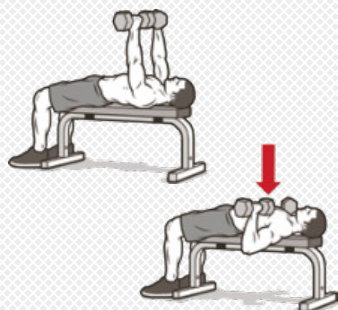
Hang from a pull-up bar using an overhand, shoulder-width grip. Pull your chest to the bar, pause, and slowly lower yourself back down. That's 1 rep; do 3. Then do 3 reps using a neutral grip (palms facing each other) and 3 reps using an underhand grip. **Reps: 9 (3 in each hand position)**



CIRCUIT B

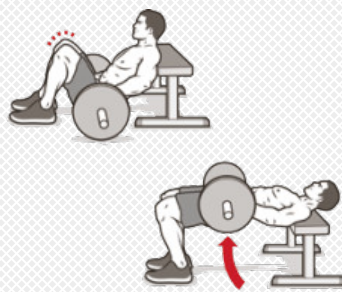
1/ Dumbbell Bench Press

Lie face-up on a bench holding a pair of dumbbells above your chest with your arms straight and palms facing forward. Lower the dumbbells slowly to the sides of your chest; pause, and then push the weights back up to the starting position. **Reps: 10**



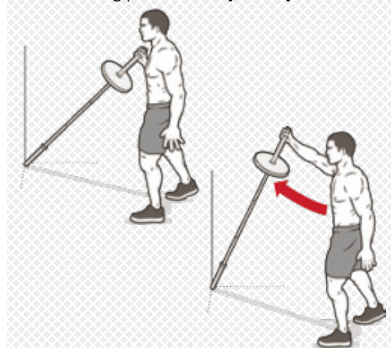
2/ Barbell Hip Thrust

Sit on the floor with your upper back against a bench, knees bent, feet flat. Place a loaded barbell across your hips. This is the starting position. Squeeze your glutes and raise your hips so they align with your knees and shoulders. Lower back down. **Reps: 15**



3/ Split Stance Landmine Press

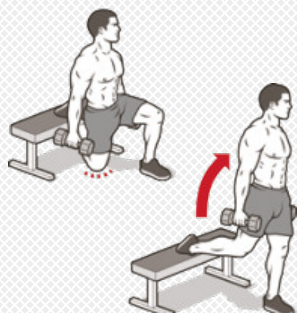
Wedge one end of a barbell into a corner and load the other with weight. Stand with your left foot forward, holding the loaded end in your right hand near your shoulder. Push the barbell away from your body. Pause, and return the bar to the starting position. **Reps: 10 per side**



CIRCUIT C

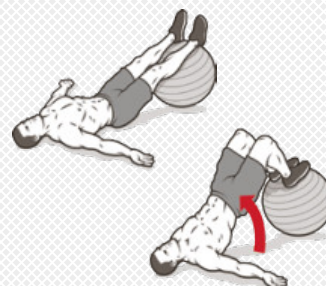
1/ Rear-Foot-Elevated Split Squat

Hold a pair of dumbbells and stand with one foot elevated on a bench behind you. Lower your body until your front knee is bent 90-degrees and your back knee is just above the floor. Pause, and slowly push back up. Do all your reps; then switch legs and repeat. **Reps: 8 per side**



2/ Stability ball Hip Raise and Leg Curl

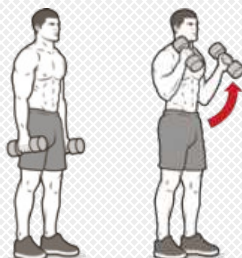
Lie on your back with your lower legs on a stability ball, arms at your sides. Raise your hips so your body is straight from shoulders to knees. Pull your heels in, bringing the ball toward your butt. Pause, and return to the starting position. **Reps: 15**



CIRCUIT D

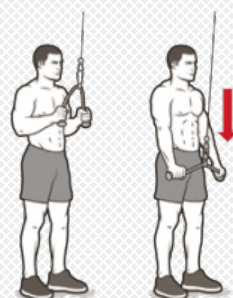
1/ Hammer Curl

Hold a pair of dumbbells at your sides, your palms facing each other. Brace your core. Without moving your upper arms, curl the dumbbells upward, bringing them as close to your shoulders as you can. Pause, and then slowly lower the weights back down to the starting position. **Reps: 12**



2/ Rope Triceps Press-Down

Attach a rope handle to the high pulley of a cable station and stand facing it with your elbows slightly bent. Brace your core. Without moving your upper arms, push the rope down until your arms are straight. Pause, and slowly return to the starting position. **Reps: 15**



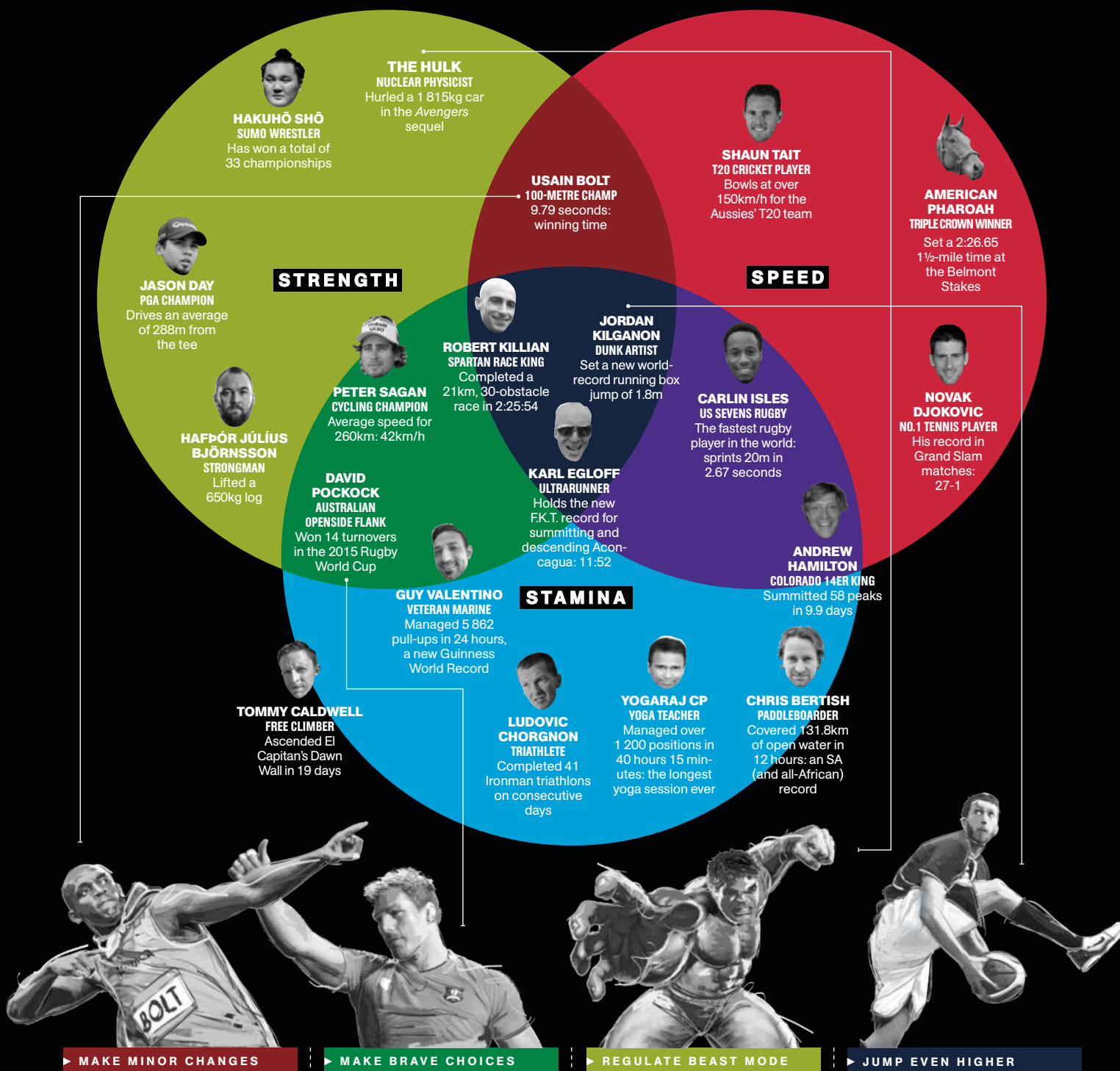
MAKE IT HARDER!

These “mini-finishers” will gas you. But they’ll also help you build more mass

CIRCUIT	EXERCISE	FINISH WITH THE FOLLOWING
A	Farmer's walk	Walk for 60 seconds.
B	Barbell hip thrust	Hold the top of the exercise for 30 seconds.
C	Rear-foot-elevated split squat	Do 8 reps on each leg, then 4, then 2 (no rest).
D	Hammer curl	Hold the mid-position as long as you can.

FREAKS OF FITNESS

History-making feats require a mix of stamina, speed, strength and bravery. A Triple Crown winner, the first female Rangers and an Icelandic strongman are among the athletes who made this last year uniquely memorable. Here are their jaw-dropping numbers and fitness moments



▶ MAKE MINOR CHANGES

Bolt's winning edge in the 100m at the 2015 World Champs was .01 of a second. The Jamaican trains to make such marginal gains. "My coach analyses the races," says Bolt. "It's small details, like the angle: 5 degrees forward of your centre of gravity. The key? Practice."

▶ MAKE BRAVE CHOICES

Granted, David Pocock weighs 115kg and looks like a bodybuilder, but it still requires courage (and serious stamina) to attempt to steal the rugby ball off an opposing player when all his huge, fast opponents are trying to clean you out. The lesson: get stuck in.

▶ REGULATE BEAST MODE

The Hulk highlights the importance of learning how to channel aggression; that is, how to amp yourself up without losing it, says sports psychologist Jonathan Fader. Use negative self-talk (curse yourself in the third person) as well as positive (it's my moment – here we go!)

▶ JUMP EVEN HIGHER

Leave the insane box jumps to Kilganon, the basketball dunk specialist. A lower-impact yet still explosive move is a step-up jump, says BJ Gaddour. Do a standard stepup, but at the top, jump and switch legs. Do 3 sets of 10 per leg. Too easy? Wear a weighted vest.

DROTTEN THE MANUAL FOR MEN

MEAT FILLS
YOUR GUT,
FUELS YOUR
MUSCLES
AND MAY
EVEN HELP
YOU LIVE
LONGER. SO
YOU SHOULD
EAT MORE.
STEP UP TO
THE PLATE

► CHICKEN	P119
► BEEF	P127
► MUSCLE	P131

Edited by Paul Kita

I AM, LIKE MOST MEN, INFATUATED WITH MEAT.

On some primal level, we want to eat the meat we hunted, in front of a fire we built. But not many men do that anymore. Over the past few generations, we've lost a connection to the meat we eat. We've created a food system that delivers to our stores single portions of centre-cut animal proteins, wrapped in plastic. South Africans eat more chicken than any other meat*, but those birds - fried, roasted, grilled - are often flavourless and boring. Our beef is bland and overcooked. Offal (stuff like liver, tongue and kidneys) disgusts us. The meat you likely enjoy doesn't convey the best essence of the animal. We're not going to return to our caveman ways anytime soon, but eating different cuts of meat (from animals raised well instead of factory-farmed) gives your body the variety of nutrients it needs, your palate the tastes it craves and the planet the sustainability it requires. Prepare to feast.

►BY ANDREW ZIMMERN ►P118, MARCH 2016

CHICKEN
BREASTS ARE
ENTICING...
EXCEPT THE
BORING
KIND ON
FACTORY-
FARMED
FOWL. TURN
THE PAGE
FOR CHICKS
THAT WILL
DRIVE YOUR
TASTEBUDS
WILD

By Michael Ruhlman
Photograph by
Misha Gravenor



28 NEW
WAYS TO
COOK
THIS BIRD

A

All too often, cooks are underwhelmed by chicken. It's bland. It's expected. It's less than inspiring. But you can avoid all that. Remember that the dark-meat parts (legs, thighs, wings) are rich in fat. You need to cook them longer to tenderise them. The white breast meat is naturally tender, so it cooks faster. Yet it's so lean that you have to add fat and flavour. All chicken, though, can satisfy any craving: Chinese, Mexican, Thai. These easy meals take you there.

■ THE STATS / CHICKEN



BREAST
SKINLESS,
100G,
ROASTED

THIGH
SKINLESS,
100G,
ROASTED

KILOJOULES

780

840

PROTEIN
GRAMS

35

27

FAT
GRAMS

4

9

THE WHOLE RECIPE

Rain a crust of kosher salt onto an organic chicken; then roast it in an oven-safe griddle pan at 200° until the cavity's juices are clear, 60 to 90 minutes. Let it rest 15 minutes and dive in. Yeah, it's really that simple.





ROAST THE ULTIMATE CHICKEN

You don't have to get all fancy with roast chicken, but a few extra steps will pay off in flavour. Tie the bird up or jam a halved lemon into the cavity to limit airflow and promote even cooking. Or deploy these sidekicks.

Garlic and Herbs



Halfway through roasting, add some thyme sprigs and a few lightly smashed garlic cloves to the griddle. Baste the chicken often with the fat. Or you could use fresh oregano and add lemon slices.

Here's the Rub



Before roasting, coat the bird with a decent rub. (We like the NoMU range on yuppiechef.com.) It has onions, thyme, nutmeg and searing-hot peppers. Serve with black beans and brown rice.

Chimichurri



Mix 1 cup chopped herbs (parsley, chives, mint, coriander) with 1 minced garlic clove, 2 minced anchovies, 1 Tbsp chopped capers, 1 Tbsp lemon juice, salt, pepper and olive oil, until spoonable.

Honey Mustard



Mix two parts each of orange juice, honey and Dijon mustard to 1 part soy sauce. Apply to the chicken about 5 minutes before it's done, and/or serve the sauce as a topping, like the chimichurri.

GRILL IT!



Sear the chicken, breast down, over direct heat, about 10 minutes. Flip and move it to indirect heat, close the lid and cook until the breast reaches 65 to 70°, 60 to 75 minutes.



PICK THE CARCASS TO THE BONE

Roast chicken makes incredible chicken salad. One secret is magic mayonnaise: soak minced shallot in lemon juice for 10 minutes; then stir in diced celery and a dollop of mayo. Add chicken and chow down.

► Chopped tarragon and sliced red grapes ► Rub of choice and fresh lime juice ► Curry powder and cayenne, to taste (serve with papadums) ► Curry as above, but with more stuff to make it heartier: chickpeas, chopped apricots, chopped olives, coriander and harissa ► Soy sauce, fish sauce, chilli oil, sesame oil, sliced scallions and chopped peanuts

ENTER THE FRY ZONE

Start with canola and then, for richness, add a butter pat during the last few minutes.

BEHOLD BEAUTIFUL BREASTS

Overcooking boneless, skinless breasts is easy. So pound the meat to a thickness of 6mm and start cooking. The breast is done when the flesh feels resistant, not squishy, to the touch. Try these prep ideas.

Schnitzel



Dredge a pounded breast in flour, then egg wash, then panko bread crumbs. Pan-fry and serve in a sandwich or with a heaping side of sauerkraut plus grainy mustard.

Chicken and Guac



Sauté or grill a pounded breast. Season it with salt and pepper and serve on a bed of homemade guacamole. Top with roasted cherry tomatoes, if desired.

Garlic Lemon Herb



Cook a pounded, seasoned breast in an oiled grill pan over medium-high heat till done, 3 to 4 minutes per side. Top with minced garlic, thyme and lemon zest.

Tomato Basil



Sauté or grill a pounded breast and serve atop tomato slices, salted and sprinkled with finely minced garlic 10 minutes before serving. Garnish with basil.

PAN PREP



Adding breaded chicken to a pan with too-cool oil will yield greasy breasts, not crispy ones. A simple test: when you see the heated oil shimmer, or ripple slightly, the meat hits the pan.



BECOME A THIGH MASTER

Shop for boneless, skinless thighs. You'll cut down on cooking time without sacrificing succulence. Unless otherwise noted, each recipe on this page calls for four thighs, seasoned well with salt and pepper.

Moroccan Curry



Brown halved thighs in an oiled pan on medium high; remove. Sauté 1 diced onion; then add 1 minced garlic clove, 1 tsp minced ginger, 1 Tbsp curry powder and cayenne to taste. Cook 1 minute; add ½ cup white wine, 1½ cups chicken stock, then the chicken. Add diced bell pepper, olives and halved dried apricots. Boil, then simmer (covered) 20 minutes. Stir 1 Tbsp cornstarch into 2 Tbsp water. Add to the pan. Cook until saucy.

Chinese Stir-Fry



Thinly slice the thighs. In a hot, oiled griddle or wok on medium high, sauté 2 cloves chopped garlic, 1 tsp chopped ginger, 4 chopped scallions and the chicken. Add 2 Tbsp each hoisin sauce and water, plus 1 Tbsp each of chilli paste with garlic (find it in your store's Asian section), lime juice and soy sauce. Add 1 tsp fish sauce and some sliced bell peppers. Simmer, covered, until the chicken is done, about 5 minutes.

Thai Coconut Soup



In a large oiled pan on medium high, sauté a sliced shallot. Add chicken (either whole or cut into chunks) and cook till browned. Add 1 Tbsp green or red Thai chilli paste and cook, stirring until well incorporated. Then add enough coconut milk to cover the chicken, along with some sliced carrot, scallions, snow peas and red onion. Simmer till the chicken is tender, 10 to 15 minutes. Garnish with lime wedges and coriander.

Paprikash



In an oiled pan over medium-high heat, sauté a handful of diced onion till tender. Add chopped chicken thighs and cook till browned. Add 3 Tbsp paprika and stir until the onion is coated. Add 1 cup white wine; when the liquid has reduced by half, add 1 cup chicken stock and keep cooking until the chicken is tender, 10 to 15 minutes. Add ½ cup sour cream, stirring it in as you remove the pan from the heat.

Saltimbocca



On each thigh, place a fresh sage leaf and a thick slab of fresh mozzarella; then wrap it with a slice of prosciutto to form a bundle. In a hot, oiled, oven-safe griddle, sear the thighs on both sides until browned, 3 to 5 minutes. Transfer the griddle with the thighs to a 200° oven and roast until the mozzarella is melted and the chicken is cooked through, 20 to 30 minutes. Serve on pasta or alongside grilled asparagus.

Cold Asian Noodles



Cook thinly sliced thighs in a hot, oiled wok and refrigerate. Blend ¾ cup chunky PB with 4 minced garlic cloves, ½ cup soy sauce, 2 Tbsp red wine vinegar, 2 Tbsp brown sugar and sesame oil to taste. In a bowl, toss 1 small seeded, diced cucumber, ½ cup shredded carrot, the chicken, the sauce and 350g spaghetti, cooked and rinsed under cold water. Top with scallions, red-pepper flakes and ½ cup crushed peanuts.

1 Teriyaki Kebabs

Cut 2 boneless thighs, trimmed of visible fat, into thirds. Marinate at least an hour in a mixture of 3 Tbsp less-sodium soy sauce, 3 Tbsp mirin and 2 tsp sugar. Thread the pieces onto skewers, alternating with scallions cut into 5cm pieces. Grill, basting with any remaining marinade, until cooked through, about 4 minutes per side. Serve with your favourite dipping sauce.

2 Easy Burritos

Cut thighs into medium slices; toss with 2 Tbsp chili powder and 1 Tbsp cumin. In a hot, oiled pan on medium, sauté the slices until browned, about 4 minutes. Add 1 cup crushed or puréed tomatoes and some chopped oregano. Simmer on medium low until the chicken is tender, 10 to 15 minutes. Serve in a 25cm tortilla with lettuce, salted sliced avo, cheddar and hot sauce.

3 Coq au Vin

In a pan on medium, brown 4 strips of chopped bacon; reserve. Add the chicken to the pan and brown it. Remove and set aside. Add 2 cups quartered mushrooms and brown. Add a medium diced onion and sauté until tender. Stir in 3 Tbsp flour; add 1 cup each red wine and chicken broth, plus the reserved bacon. Stir, add the chicken and simmer until thickened, 20 to 30 minutes.

4 Vietnamese Wraps

In an oiled grill pan on medium-high heat, sear thinly sliced chicken thighs until cooked through, about 5 minutes. Then make a sauce of ½ minced shallot, 2 Tbsp fresh lime juice, 1tsp sugar and ¼ cup fish sauce. Serve in prepared rice-paper wrappers with thinly sliced carrot, cucumber, shredded lettuce and basil. Top with sauce, roll it all up and chow down.

5 Korean Bibimbap

In a small bowl, mix ¼ cup hot Korean chilli paste (*gochujang*) with 2 Tbsp water, 2 tsp fish sauce, 1 tsp sugar and 1 tsp vinegar. In a hot, oiled wok or griddle, cook thinly sliced chicken thighs. Add the sauce and cook until everything is tender, about 5 minutes. Serve over rice and top with your choice of these: a fried egg, sliced scallions, kimchi, avocado, coriander, sriracha.

1

2



3

4



5





SAVOR THE GLORIOUS, CRISPY SKIN

The chicken's skin is quite possibly the tastiest part of the entire bird. Once the fat is rendered out, the remaining connective tissue and protein crisps and turns golden brown. One bite will silence your skepticism.

Cook

First, save up the skin from several chickens – it freezes well and making one big batch is easier. Place the skin on a baking sheet lined with wax paper and add salt and pepper. Cover with another sheet of parchment and then stack another baking sheet on top of that. Roast the skin at 180° until browned and crispy, 20 to 30 minutes.

Enjoy

Think of these chips two ways. First, they make a great protein snack. While the crisped skin is still warm, dust it with smoked paprika, chilli powder or cajun spice. Second, you can crumble the chips and add to green beans or salads. Oh, and keep any grease – you can use the fat to sauté potatoes (or cook more chicken).

Quit Feeling Guilty

Wait, won't this stuff give you a big fat heart attack? The skin may be high in saturated fat, but this kind of fat isn't the heart slayer that scientists once thought it was. Plus, the skin from half a chicken has about 1 120 kJ and 11 grams of protein. By contrast, those 24 Doritos Sweet Chilli chips have 1 240 kJ and 4g of protein.

► PROTEIN: THE
MANUAL FOR MEN

BEEF
BURGERS
ARE THE
LOWEST
COMMON
DENOMINA-
TOR OF
BEEF. BUT
COWS HAVE
SO MUCH
MORE TO
OFFER.
WE'LL HELP
YOU STEER
HIGHER

By Ian Knauer
Photograph by
Misha Gravenor



THREE
CUTS
ABOVE

T

There's nothing wrong with T-bone, filet mignon or sirloin. But if you stick to the classics, you'll miss out on the unique flavours from other parts of the animal. Yes, a massive slab of brisket or a Flintstonian bone-in rib eye can look daunting. But through the classes I teach at The Farm Cooking School (conveniently located on a working grass-fed-cattle farm), I've discovered recipes and techniques that deliver incredible meals. These dishes take more work than some, but consider the payoff in flavour equity. So skip the mall, call up your fellow carnivores and serve one of these beefy beauties instead.

■ THE STATS / BEEF



BRISKET
WHOLE, 3MM,
ALL GRADES,
100G, COOKED

RIB EYE
FILLET,
BONELESS,
100G,
GRILLED

SILVERSIDE
ROAST
3MM, ALL
GRADES,
100G, GRILLED

KILOJOULES

1 372

1 259

987

PROTEIN
GRAMS

33

30

32

FAT
GRAMS

21

19

11





◀ SPICE-RUBBED

BBQ BRISKET WITH SMOKED GARLIC

This BBQ leverages a dry spice mix that penetrates the beef overnight. Then, after several hours in a smoker, it's enhanced by a simple basting sauce. Sliced and served with summer sides, the result is heaven in the flesh.

▶ GRILLED

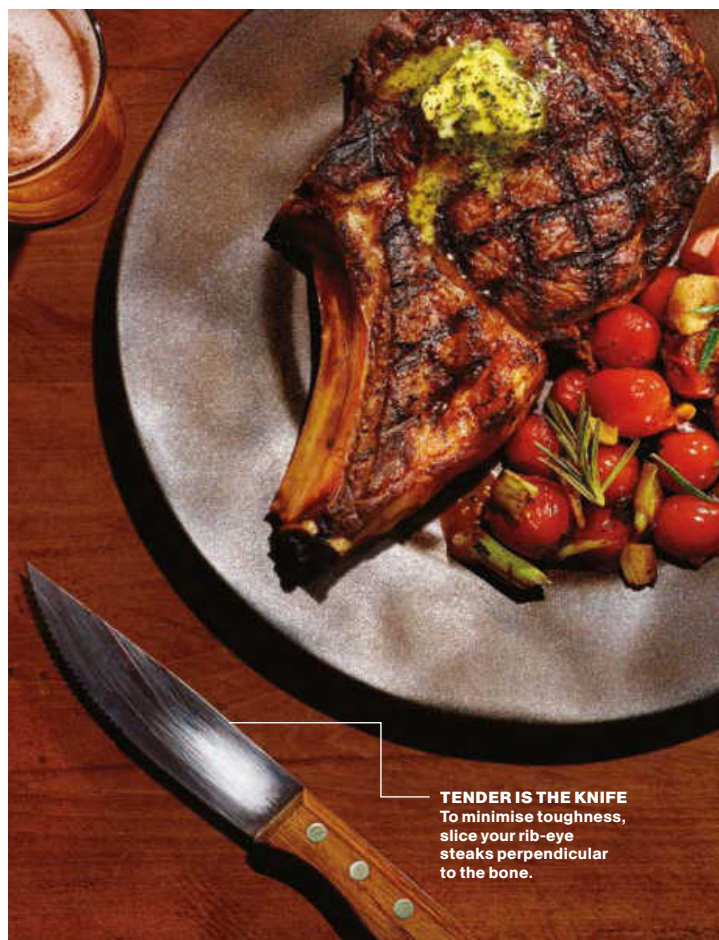
BONE-IN RIB-EYE STEAKS WITH CHARRED TOMATO- ONION RELISH

Also called a cowboy steak, this cut of meat will quite possibly be the finest to grace your grill. The acidic punch of the relish complements the fatty decadence of the beef. Plus, the simple vegetable side comes together quickly, thanks to your already-sizzling grill. All you need to complete the meal is a cold beer.

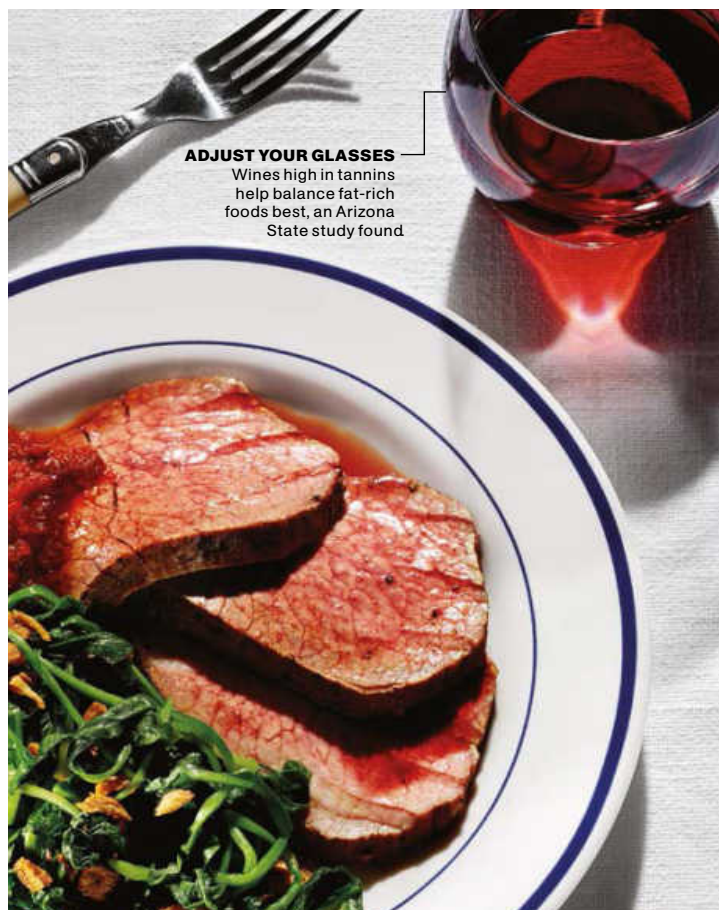
▶ SLOW-ROASTED

SILVERSIDE ROAST WITH BLACKENED- RED-PEPPER STEAK SAUCE

Roasting this beast over low heat for an extended period of time yields an even, rosy colour and supreme succulence. For the juiciest eating experience, bring the beef to medium rare. Then serve up slices as a steakhouse would: accompanied by sautéed spinach with sliced garlic and a big pour of red wine.



TENDER IS THE KNIFE
To minimise toughness, slice your rib-eye steaks perpendicular to the bone.



ADJUST YOUR GLASSES
Wines high in tannins help balance fat-rich foods best, an Arizona State study found

BEST NEW WAYS TO HAVE A COW

For the best-quality beef, hunt down a real butcher. No luck finding one? Ask around at your local farmers' markets or farm-to-table restaurants for recommendations for a go-to meat maven.

Spice-Rubbed BBQ Brisket with Smoked Garlic



WHAT YOU'LL NEED

- | | |
|---------------------------|--|
| 2 TBSP CORIANDER | 1 BEEF BRISKET (2KG), FAT CAP TRIMMED TO ½CM |
| 1 TBSP FRESH THYME LEAVES | 1 CUP CHICKEN STOCK |
| 2 BAY LEAVES | ¾ CUP APPLE CIDER |
| 1 TSP BLACK PEPPERCORNS | 1 BULB GARLIC, TOP CUT OFF |
| 1 TSP WHOLE ALLSPICE | 1 TBSP OLIVE OIL |
| 2 TBSP DARK BROWN SUGAR | |

HOW TO MAKE IT

1. The day before, pulverize the coriander, thyme, bay leaves, peppercorns and allspice in a spice grinder. Stir in 1 Tbsp kosher salt and the brown sugar. Rub the brisket all over with the spice mixture; cover it and leave it in the fridge overnight.
2. Add wood chips soaked in water for 1 hour to a smoker or grill and preheat to a steady temperature of 100 to 110°. Combine the chicken stock and apple cider; set aside to use for basting. Place the brisket and the garlic in the smoker and smoke, keeping the heat at a constant 100 to 110° and basting with the cider-stock mixture every 45 minutes or so. (Add wood chips as needed.) The beef is done when it's tender and reaches an internal temperature of 75°, 4 to 6 hours.
3. Remove the brisket, wrap it in foil and let it rest at least 20 minutes before slicing. Meanwhile, set the smoked garlic on a piece of foil, drizzle it with the olive oil, wrap it tightly and put it in a 200° oven for 15 minutes. Remove and use for smearing on a side of grilled bread. Serve the brisket with your favourite BBQ sauce. Expecting a crowd? Add grilled veg and potato salad. *Makes 8 to 10 servings*

SPARK FLAVOUR



If you like a sweeter smoke to your BBQ, cook with a combination of apple- and cherrywood chips. Prefer more intensity? Try hickory. Or, for complexity, combine all three types.

Grilled Bone-In Rib-Eye Steaks with Charred Tomato-Onion Relish



WHAT YOU'LL NEED

- | | |
|--|-------------------------|
| 2 BONE-IN RIB-EYE STEAKS, 1 TO 1½KG EACH, 5CM TO 7CM THICK | 3 TBSP OLIVE OIL |
| 4 MEDIUM-FRESH SPRING ONIONS (NOT SCALLIONS), GREEN PARTS INTACT | 1 LITRE CHERRY TOMATOES |
| | 1 SPRIG FRESH ROSEMARY |
| | 2 TBSP BALSAMIC VINEGAR |

HOW TO MAKE IT

1. Preheat your grill to indirect heat. (For gas, turn one side of the grill to high. For charcoal, get the coals hot and ashy, then bank to one side.)
2. Season the steaks with kosher salt and freshly ground pepper and sear them over direct heat, turning occasionally, about 6 minutes total. Transfer them to the indirect-heat side and set a medium cast-iron griddle over the direct heat. Close the grill lid and cook the steaks until they hit 45° (rare) in the centre, about 30 minutes. Remove the steaks and let them rest 10 minutes.
3. While the steaks grill, make the relish: brush the spring onions with 1 Tbsp olive oil and add a pinch each of salt and pepper. Cook the onions in the griddle, turning occasionally, until they're blackened in places and tender, about 15 minutes. Transfer them to a cutting board and coarsely chop. In the hot griddle, add the remaining 2 Tbsp oil along with the tomatoes and rosemary, 1 tsp salt and ½ tsp pepper. Cook, covered, until the tomatoes soften, about 12 minutes. Stir in the vinegar and onions and season with salt and pepper. Serve the relish with the sliced steaks, using the rosemary sprig as garnish. *Makes 4 to 6 servings*

DODGE A PUCK



If you have the time, remove the meat from the refrigerator an hour before grilling. Flopping a frosty steak on the hot grill increases your risk of burning the outside before the inside is done.

Slow-Roasted Silverside with Blackened-Red-Pepper Steak Sauce



WHAT YOU'LL NEED

- | | |
|---------------------------------|-----------------------------|
| 1 BEEF SILVERSIDE (2KG) | 2 TBSP CIDER VINEGAR |
| 2 LARGE RED BELL PEPPERS | 2 TBSP WORCESTERSHIRE SAUCE |
| 1 SMALL GARLIC CLOVE, CHOPPED | 1 TBSP HONEY OR MOLASSES |
| 1 SMALL SHALLOT, FINELY CHOPPED | ½ TSP RED-PEPPER FLAKES |
| | 2 TBSP OLIVE OIL |

HOW TO MAKE IT

1. The day before, rub the beef with 4 tsp kosher salt and 1½ tsp freshly ground pepper; then cover it and let it chill in the fridge overnight.
2. Let the beef stand at room temperature for 1 hour. Preheat the oven to 100°, set the beef in a roasting pan and cook it to an internal temp of 50° (rare), 1½ to 2½ hours. Transfer to a cutting board and let rest 20 minutes before slicing.
3. While the beef roasts, make the red-pepper steak sauce: set the peppers on or under a grill; turn them occasionally with tongs until they're blackened all over, 15 minutes or so. Place them in a bowl and cover with a plate. Wait about 15 minutes, then remove and discard their skins, seeds, stems and ribs. Purée the peppers in a blender with the garlic, shallot, vinegar, Worcestershire, honey and red-pepper flakes; add salt and pepper to taste. Heat the olive oil in a medium saucepan on medium. Pour in the sauce and bring it to a boil on high, stirring often. Lower the heat to medium; simmer until the sauce is slightly thickened, about 6 minutes. Season with salt and pepper. Serve the beef with the steak sauce and some sautéed spinach. *Makes 8 to 10 servings*

CLUB CLOVES



Chop garlic fast: place the cloves on a cutting board and then use the bottom of a pot to whack the suckers. Discard the peel, wipe the bottom of the pot and keep cooking.

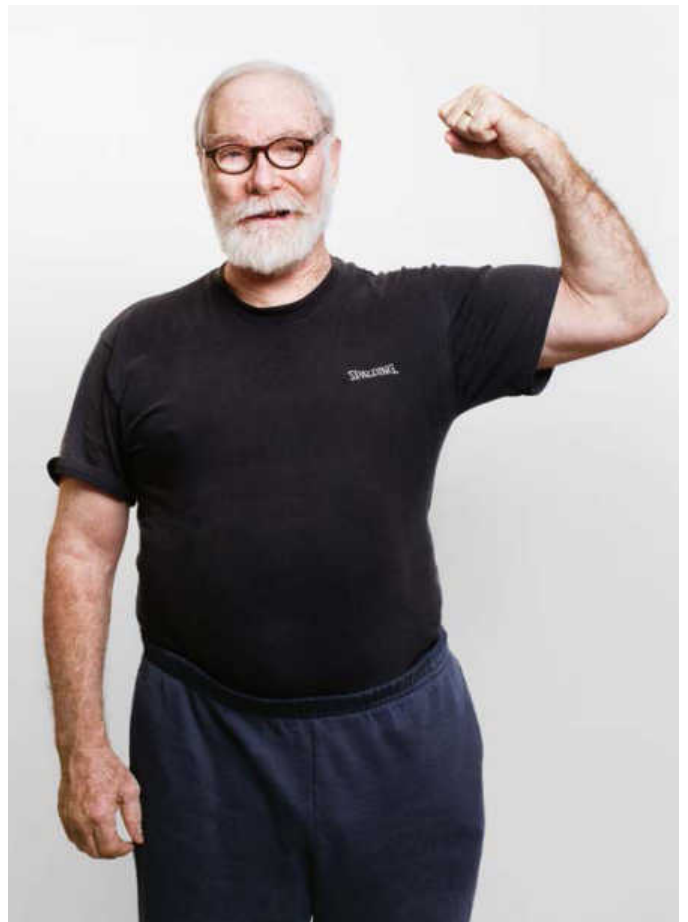
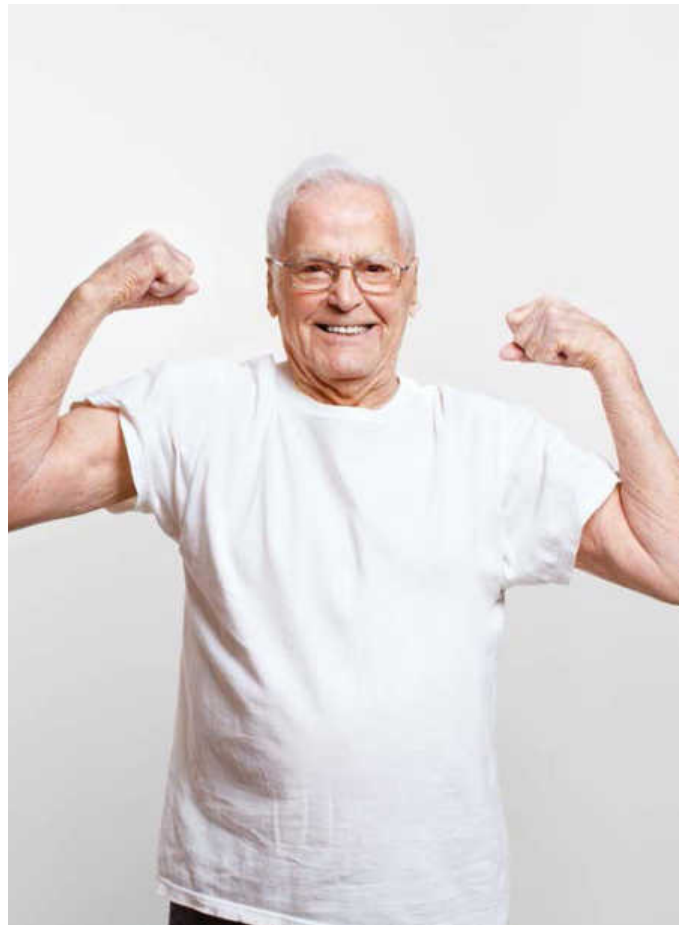
► PROTEIN: THE
MANUAL FOR MEN

A STUDY
GROUP OF
OLD GUYS IS
DEFYING AGE
BY JACKING
PROTEIN AND
MUSCLE.
HERE'S HOW
MORE OF
BOTH CAN
HELP YOUR
OWN BID
FOR ETERNAL
YOUTH

By Lou Schuler
Photograph by
Misha Gravenor



THE LIFE-EXTENDING POWER OF PROTEIN





THIS IS NOT YOUR TYPICAL GYM. THERE'S NO THUMPING MUSIC, NO BARBELLS crashing to the floor. But these aren't your typical gym rats filling the 400-square-metre Physical Activity Centre of Excellence, or PACE, at McMaster University in Hamilton, Ontario. The average person using the weight and cardio machines on this freezing February morning is in his or her mid-70s. And everyone's here for the same reason.

"Everybody gets stronger," says Stuart Phillips, a professor of kinesiology at McMaster and one of the two men I've come here to see. At any given time, Phillips and his colleagues have dozens of the senior lifters involved in their research, which explores the complex relationship that protein and strength training have with human muscle and the life-or-death consequences of putting (or not putting) that muscle to use.

◀ **CLOCKWISE
FROM TOP LEFT**

Doug Merchant, 67;
John Nagy, 97;
Doug Collins, 62;
Vic Phillips, 78.

► **NEXT PAGE**

Nagy raises the bar.

Few people demonstrate this dynamic better than the second man I'm here to see. As Phillips points him out to me, John Nagy is knocking off a set of lateral raises on a rotary machine. At first glance, there's nothing about Nagy, a compact man wearing steel-rimmed bifocals, that sets him apart from the 30 or so other people here. He could be your father, your grandfather, or any other active, disability-free 75-year-old.

Except he's not. Nagy is 97. That's almost double the average life expectancy for a man born in 1917. I want to know how the choices he's made over the past century – his workouts, his diet, his attitude – helped him reach this improbable age.

A generation ago these might have been idle questions. Nobody worried about the strength or fitness of retirees. Sarcopenia, or age-related muscle loss and the catastrophic health problems associated with it, wasn't even coined until 1988.

Today we know that muscle and strength are among the greatest assets we possess. It's never too early to start building your portfolio, nor is it ever too late to add to it. After age 30, an untrained body tends to lose about 1% of its muscle mass each year. Strength declines even faster. Diminished muscle and degraded strength lead to less movement and lower fitness, which in turn lead to such chronic conditions as heart disease and diabetes. But while ageing is inevitable, the worst aspects of it are not.

"MUSCLE—AND
THE ABILITY TO
USE IT—IS A
MATTER OF LIFE
AND DEATH"

GIVE YOUR LIFE A LIFT

Ace these three strength tests and stay out of life's express-checkout lane.

1 Know the Minimum Strength You Need for Longer Life

At the Cooper Clinic, researchers found that the weakest men on two moves – the bench press and leg press – had the highest risk of premature death. They lifted an average of 70% of their body weight on the bench press machine and 1.4 times their weight on the leg press. The former is the equivalent

of a push-up with your feet on a 25cm box; the latter is equal to a squat holding just over half your body weight. Risk fell among guys who could bench 90% or more of their weight and leg-press at least 1.7 times their weight. The equivalent: do 10 push-ups with feet elevated and squat two-thirds of your body weight.

2 Master This Movement to Preserve Your Independence

When oldsters go to assisted living, it's often because they can no longer use the bathroom solo, says Andy Galpin, a muscle researcher at Cal State Fullerton. They need lower-body strength to get up and down and balance and coordination to wipe. To stave off that fate and to test and hone your

lower-body fitness, do split squats. Stand with one foot about a metre in front of the other, your hands behind your head. Lower yourself slowly until your back knee touches the floor. Pause and return to the start. If you can do 5 good reps with each leg forward, you're ahead of the game.

3 Intensify Your Regular Workouts and Extend Your Longevity

Exercise science uses a unit called MET ("metabolic equivalent of task") to gauge intensity. Sitting perfectly still is 1 MET; a cross-country skier hit 26, among the highest recorded. For each 1-MET increase in work capacity, your risk of dying of anything within a given period drops 12%. Here are few benchmarks:

- 5 WALKING AT 6 KM/H ON A FLAT SURFACE
- 6 SERIOUS STRENGTH TRAINING
- 7 USING THE ROWING MACHINE
- 8 INSANITY-TYPE METABOLIC WORKOUT
- 9 TREE TRIMMING OR HEAVY SPADE WORK
- 10 RUNNING 10-MINUTE MILES
- 11 ROCK CLIMBING
- 12 BOXING



AFTER HIS WORKOUT, NAGY GREETES ME WITH A FRIENDLY SMILE AND A FIRM HAND-shake. It's clear why he can carry himself like a man a quarter of a century younger: he started exercising every day as a kid and never stopped. He remembers 100 friends from his teenage years during the Depression, all with a similar love for sports. "We'd play baseball, football, hockey, lacrosse, skate and swim in the bay," he says. "Only three of us have lived into our late nineties. One guy skated all year. The other man swims every day. And I exercise every day. So I'm sold on exercise. I really and truly enjoy it."

His 90-minute workout at PACE was actually his second of the day. Nagy keeps dumbbells, resistance bands and "that new ball" – a stability ball – in his flat, along with a treadmill and stationary bike. He starts his day with warmup movements in the shower, followed by floor and ball exercises for his core and back. When weather permits, he walks to McMaster – 3 kilometres each way – and when it doesn't, he makes up for it on his treadmill.

Although Nagy has lost an inch of height (he's now 5' 6", or 1.65m), his weight has barely budged: from 68 kilograms in his twenties to 70 now. He even did classic push-ups until a recent shoulder injury forced him to modify them. (Now he does 3 sets of 8 reps from his knees.)

Nagy's diet is a throwback too. He emphasises nutrient-rich whole foods, with plenty of meat, fish, dairy, nuts and legumes. "I eat everything," he says. He goes on to describe a breakfast mix he makes from whole grains and dried fruit. His go-to dinner is protein-rich cabbage rolls stuffed with ground beef and rice, which he washes down with a glass of red wine.

To be sure, some of Nagy's longevity is genetic. But genes don't explain all. For example, a Finnish study looked at identical twins in their thirties who had different exercise habits. Despite having the exact same genes, the twins had already begun to see their health diverge in dramatic ways. Siblings who stayed active had less fat, better control of their blood sugar and insulin and more grey matter in parts of the brain responsible for regulating movement.

Other research tells similar stories. A study of adults in the UK found that those who had the worst composite scores on three fitness tests – grip strength, balance with their eyes closed and functional ability (time needed to sit down and stand up from a chair) – at age 53 were almost four times as likely as the top performers to die over the next thirteen years.

And if that doesn't scare you, consider this: as part of a military draft exam, the Swedish government tested the strength (quadriceps, biceps and grip) of more than a million

teenage boys born between 1951 and 1976. Just over 26 000 of them died before their 55th birthday. But those who were strongest were up to 35% less likely to die before age 55 due to any cause.

The studies tested different things, but in the big picture of lifelong health, they all point in the same direction: muscle and the ability to use it to generate movement, is a matter of life and death.

It's easy to wrap your head around the idea that high levels of cardiovascular fitness help you live longer. After all, if a strong heart can't protect you from cardiovascular disease, what can? The same logic applies to obesity and diabetes: if you're doing a lot of endurance exercise, you probably aren't storing much fat and aren't likely to have a problem controlling blood sugar.

The link between strength and longevity is less intuitive, because we tend to see cardio fitness and muscular fitness as two separate and unequal systems. "Everyone thinks of cardio-respiratory fitness as heart and lungs," Phillips says. "But it's the heart and lungs and brain talking to muscle and moving you around. If you're fairly fit and fairly strong, you're probably moving around a lot. And if you're stronger, you're probably making an effort to do things that preserve your strength."

That last point is crucial. When research first showed that stronger people live longer and with less disability, the reason wasn't immediately clear. Did strength make some people healthier? Or did illness make others weaker?

The Cooper Clinic in Dallas tackled the causation problem with a long-term study that included men who lift. Men who were strongest on the bench press and leg press and reported training the most were found to be about 50% less likely to die in middle age than those who were weakest on these moves and reported training the least.

What's clear is that losing muscle at any age is a metabolic disaster. In one recent study, Phillips had older people reduce the number of steps they took each day by 76%. In just two weeks, they lost almost 4% of their leg muscle while gaining fat. Even worse, they saw a rise in insulin resistance (a precursor of diabetes) and a decline in muscle-protein synthesis after eating.

The latter is a sign of anabolic resistance – your body's struggle to store protein in muscles. Combine insulin resistance with anabolic resistance and very, very bad things start to happen to a guy who isn't exercising enough. "You begin to store fat in places where it should never be stored," Phillips says, "like your heart, your muscle and your liver."

There are, however, two ways to avoid that fate. The first is what we've been talking about: Get off your ass and lift some iron. The second is a little more appetising: keep reading.

F

FOOD, TO A SCIENTIST LIKE PHILLIPS, IS PURE energy. Each gram of protein, carbohydrate or fat gives you a caloric load that your body can use for whatever it needs. Eat the exact right amount of food for your size and activity level and you achieve a nirvana-like state known as energy balance. Eat more than you need, though and the result is less blissful.

Your body is happy to sock away excess fat or carbs. "Fat turning into fat - well, that's easy," Phillips says. "You just store it." Your body is also good at converting excess carbs into fat, once the glycogen stores in your liver and muscles are fully stocked. (Additionally, you have a few grams - about a teaspoon's worth - that circulate in your blood.)

Protein is different. Of the 20 amino acids that form protein molecules, only a few can be converted to fat, which means your body has a harder time pulling that off. That's on top of two other well-known benefits: a high thermic effect (about a quarter of protein kilojoules are burned during digestion) and increased satiety, so the more protein you eat, the less hungry you are for everything else. The opposite happens when you eat less protein: your hunger increases and you can end up eating more total kJs.

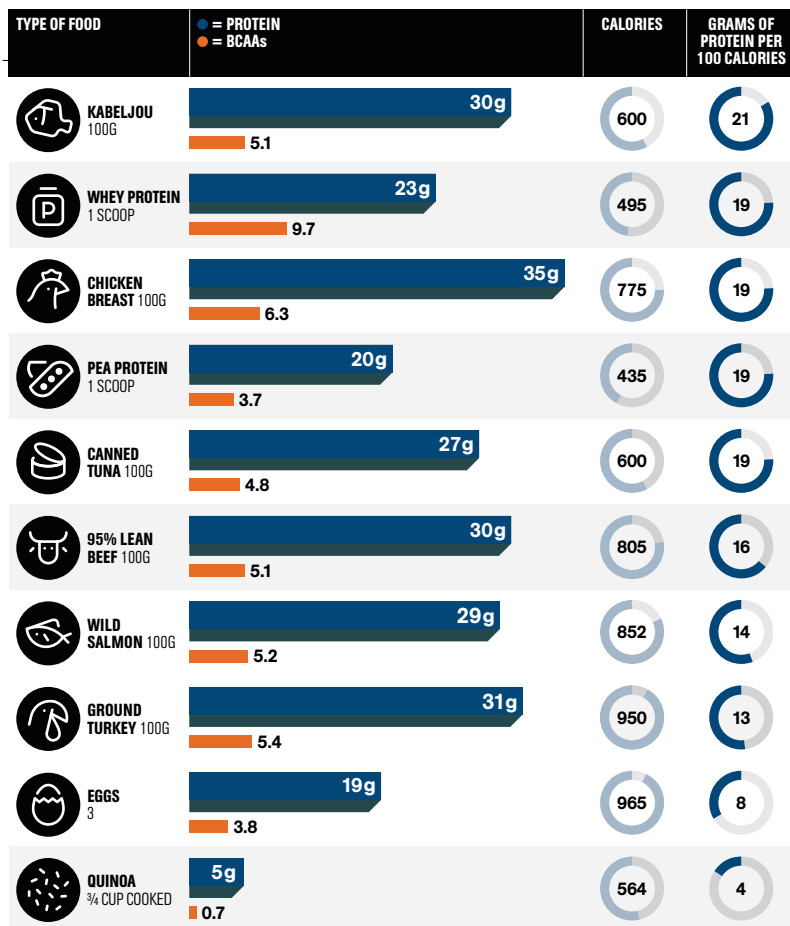
That last phenomenon is called protein leverage. The idea is that our bodies crave an optimal amount of protein and once we've consumed it, our appetite shuts down. It usually takes a protein intake of 25 to 35% of total kilojoules for the mechanism to kick in. That's relatively high when you consider that a typical diet is about 15% protein.

When you consume more protein, you displace something else in your diet, Phillips says. You also need to eat protein more often. In a recent study, he tested two different meal patterns on a group of seniors. Those who ate four protein-rich meals throughout the day had better protein synthesis than those who ate most of their protein at supper time.

Phillips believes breaking up protein intake - eating 30 to 40 grams in each of three or four meals - is a crucial weapon against anabolic resistance. It works best when combined with strength training. For convenience, the men had protein shakes for breakfast and as a late-night snack. His study showed that their muscles were still more receptive to protein 48 hours after lifting.

PROTEIN POWER: RANKED

Here are the best protein sources based on grams per calorie and the amount of branched-chain amino acids (BCAAs), which stimulate muscle growth. — Mike Roussell, nutritional consultant

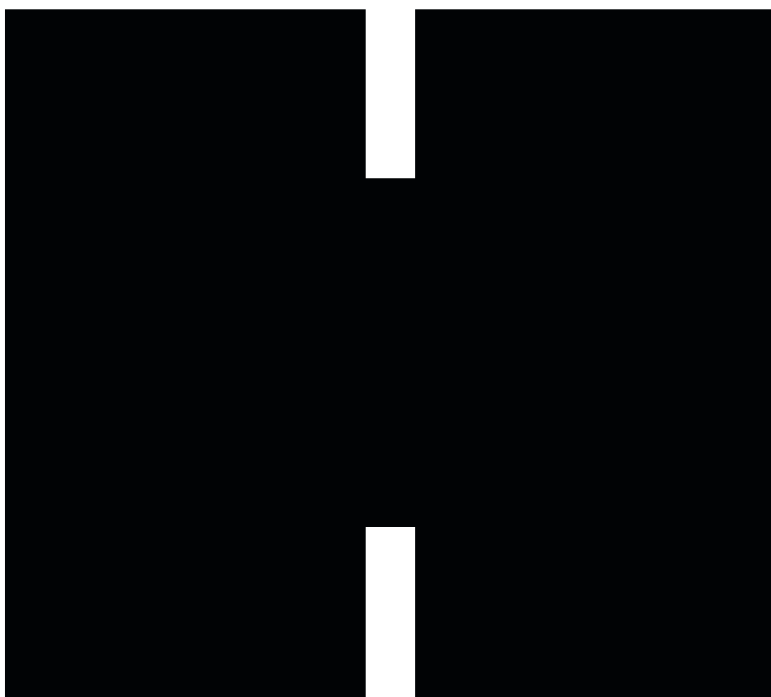


BCAAs USED IN CALCULATIONS: LEUCINE, ISOLEUCINE, VALINE

Animal foods are the most conducive to muscle growth. "Most of the protein in our bodies is meat," says obesity researcher Stephan Guyenet. "So it's not a surprise that protein from meat has a favorable distribution of amino acids." In fact, all animal proteins, including meat, dairy and eggs, are complete: they contain all nine essential amino acids, the ones your body can't synthesise. (If you're a vegetarian, focus on complete plant proteins, such as quinoa, buckwheat and amaranth, as well as a variety of other sources, such as beans, lentils, wheat, nuts and seeds.)

When meat on the menu becomes meat on your bones, it serves an underrated purpose. "Muscle is an amino acid reserve," says Andy Galpin, of Cal State Fullerton, who studies muscle on the cellular level. "You're literally harboring excess amino acids in your muscles." You can use them on a daily basis for a long list of tasks, from repairing tissues to producing hormones and enzymes. This becomes critical to maintaining whole-body and muscle health in the event of disease and also as you age.

Still, the biggest benefits you'll gain from muscle tissue come when you actually use it. That's when you generate hormones that not only make you stronger but also help you become smarter.



HERE'S THE BAD NEWS: "YOUR BRAIN STARTS TO AGE IN YOUR LATE THIRTIES AND slowly declines from there," says kinesiologist Jennifer Heisz, whose research at McMaster looks at the links between physical and mental health. The good news? Your muscles may be the best tools you have to slow the decline.

Of the seven factors that accelerate the loss of your marbles, exercise is known to improve five of them: physical inactivity, depression, obesity, diabetes and high blood pressure. (The other two are smoking and "cognitive inactivity".)

But using your muscles also improves your brain in more direct ways. For starters, exercise triggers an increase in brain-derived neurotrophic factor, or BDNF, which helps support the growth of new brain cells. "The hippocampus, where many BDNF receptors are, is a critical centre for memory and learning," Heisz says. It's also a brain region devastated by Alzheimer's.

Then there's stress. Normally we view stress as bad for the body and mind because, like obesity and diabetes, it's linked to chronic inflammation. Other than blunt trauma, there aren't many things worse for your brain than inflammation. But the temporary kind of stress response to exercise comes from deep in our evolutionary history and has a very different effect.

Imagine you're a cave-bro out on a hunt. As you move, your brain is on high alert. If something unexpected happens, good or bad, you get a surge of adrenaline, the fight-or-flight hormone. It helps your muscles receive energy and also helps your brain encode the information for future reference. When the adrenaline dissipates, another stress hormone, cortisol, rises. Its job is to consolidate the memories while also preventing new memories from intruding on it.

The chronic elevation of stress hormones has the opposite effect. They handicap the parts of your brain that form new memories, accelerating your brain's ageing. That's why Phillips sees lifelong health as a three-legged stool: "There's physical activity, nutrition and stress." For the stool to do its job, the three legs have to be equally solid.

With physical activity, everything has some benefit. For you, the biggest benefits will probably come from increasing your overall work capacity and fatigue resistance.

Nutrition is a lifelong balancing act. Most of us will move less and eat less as we age; yet we typically add a little weight. That means we're losing muscle while replacing it with an equal amount of fat - and then some. A 2.5kg weight gain in midlife might actually represent a 5kg fat increase combined with a 2.5kg muscle loss. That's almost guaranteed to worsen your health.

You can minimize the damage with a diet that's higher in protein, as mentioned. But the best strategy by far is to put your muscles to work. "If you don't exercise, the only way your body has to deal with excess energy is to store it," Phillips says. When you do exercise, you not only store less energy but also pull some of the energy you already have out of fat cells and into circulation. Plus, with strength training you break down muscle tissue with the goal of replacing it with dietary protein. Even if you don't lose any weight, Phillips says, you're at least moving it around. "The storage starts to go down and you lower your risk for metabolic diseases."

That leaves stress, the third leg of the stool. For that, let's return to someone who knows a few things about managing it.

"IF YOU DON'T EXERCISE, THE ONLY WAY YOUR BODY CAN DEAL WITH EXCESS ENERGY IS TO STORE IT"

NAGY REMEMBERS THE MOST STRESSFUL time of his life. The year of his divorce he retired, sold his house and became an expat. With three suitcases he moved to Hungary, Trinidad and then Florida before coming home. "When you're young, you can do those things," he says. He was 65 at the time.

He kept his equilibrium the way he always has: by enjoying what he does and the people he meets while doing it. He still remembers the names of his colleagues at a cotton mill when he was 15. He liked his job at a fertiliser plant before WWII and his later teaching job and his 30 years as a probation officer. "It's primarily because of the people you meet."

It's no surprise that the affection for the people he's around most carries over to his workout buddies at McMaster. "One of the reasons I come here is socialising," he says. "There's a damn good group."

Something all those senior lifters have in common is that they aren't worried about their life span, Phillips says. "When you talk to people, they don't want longevity. They're not looking for a drug that helps them live to 103 if the last 10 years are in dependent care. What they want is a good 'health span.'"

That's the good life - for them, for you, for anybody. Muscle can't guarantee you happiness, but if nothing else, it keeps you on your feet as you search for it. "Come on," Nagy says. "What more do you want?"

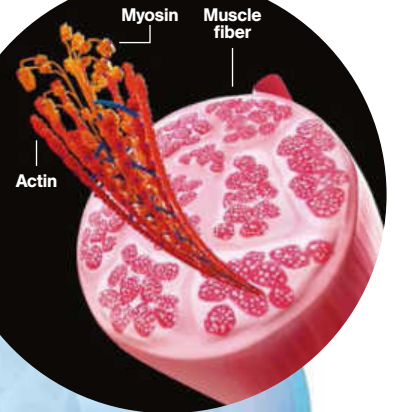
MH

HOW MEAT MAKES YOU AMAZING

Protein is vital to virtually every cell and process in your body. Donald Layman, a professor of food science and nutrition at the University of Illinois, explains the power it wields. — K. Aleisha Fettes

BRAIN

Evidence links high-carb diets to Alzheimer's, so a diet that's high in protein and low in carbs is a smart choice.



BLOOD PRESSURE

Adults who eat the most protein (100g a day on average) have a 40% lower risk of high BP than those who consume the least.

1 Digestion Commences

Acids and enzymes break the protein down into shorter proteins called peptides. This can take up to 90 minutes, so you literally feel full. (Carbs, which are less complex molecules, digest in 30 minutes or so.)

2 Making Building Blocks

Enzymes break down the peptides into amino acids. Your body can create 11 kinds and it relies on your food for nine others. Amino acids hook up to make everything from your muscles to your hormones.

3 Satiety Sets In

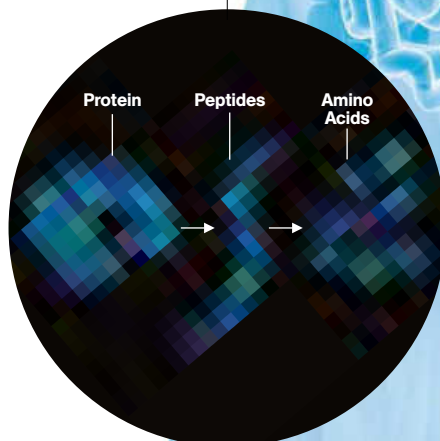
Amino acids enter your GI tract and stimulate the secretion of satiety hormones. In one study, people who raised their protein intake from 15 to 30% of total calories averaged 1 825 fewer kJs a day.

4 Amino Acids Circulate

The amino acids also enter your liver, which converts them into blood proteins, hormones and carrier proteins. They circulate in your blood for up to five hours, waiting for a body part to request help.

5 Repair Work Begins

After a hard workout, amino acids are summoned to repair your frayed muscle fibers, which are constructed mainly of the proteins myosin and actin. Myosin is made of 6 100 amino acids, actin about 375.



HEART

By strengthening cardiac muscle, amino acids may increase longevity, suggests rodent research in *Cell Metabolism*.

Some fathers leave
their kids money
and memories.
Mine left me 800kg
of porn



 **MY**
DAD'S



SECRET
 **LIFE**

x
By Chris Offutt

x
Illustration by
Thomas Allen

x
P. 138





THE 8-WAY ORGY!

MR. DARLING! by Jeff Morehead

ISBN 0-503-05347-2

LUSTFUL AUNT by Peter Bennett

513-03034-225

ISBN 0-503-05347-2



MY FATHER DIED THREE YEARS AGO. I INHERITED

his desk, his 1930 Remington .22, and 800 kilos of smut. ■ As a kid I thought Dad was a science fiction writer who occasionally wrote other stuff to supplement his income. After his death, I learned the truth. It turned out Dad not only liked porn but also wrote it, publishing some 400 books under 17 pseudonyms. In addition to his own writings, he amassed a personal collection of porn that included 1 000 magazines and more than 600 paperbacks, plus photos, VHS tapes, postcards and sexy comic books.

I went through it all, gleefully at first, with an archivist's eye as I sifted through decades of material. I became a lay scholar of sleaze. But I also became a student of my father's version of fatherhood. Because even though 800kg of porn was stockpiled in the house I grew up in, I knew nothing about it.

Of course all fathers, including me, have secrets. Men want to protect their children and preserve the illusion of paternal infallibility. I have two sons. Though we are very close, I haven't told them everything about my life. Presumably men with daughters keep more secrets than those with sons. It's understandable and natural. Still, my father's deep secrets encompassed most of his life and all of mine. Dad supported a family of six by writing one pornographic novel at a time, 400 times, never revealing the extent of his output.

My siblings wanted me to burn it all. But I'm the oldest, the firstborn son, and Dad left it to me, along with his rifle and his desk. It didn't feel right to burn my inheritance; and besides, like many men, I am not immune to the allure of pornography. So I dutifully packed it all in boxes and arranged for transport to my house 12 hours away. The movers charged by the kilo and gave me the precise weight. I was in the hole financially. But oh, what a treasure trove!

As a business, pornography has always been draped in secrecy. In the past, writers used pen names, publishers operated from ever-changing locations, and booksellers kept such wares behind the counter or in a back room. Over time, obscenity laws relaxed and porn became more readily available. The invention of the VCR killed the market for written porn. Why would anyone read it when you could watch it? Nowadays, of course, you can watch porn on your phone. Creating it, selling it and finding it may require less stealth than before, but watching it is still something we do in secret – erasing our Internet history or keeping bookmarks in a hidden file marked with something banal. (Mine are under “recipes”.)

My father's need for secrecy was based on his being a pornographer, not a consumer of the stuff. It stemmed from where he lived. He grew up in a log cabin, and then he moved to the country and occupied the same house on the mountain for over 50 years. I grew up in the forest, walking dirt roads and footpaths through the hills. It is a conservative area known for its evangelical religious beliefs. My home province is a place that has recently received a great deal of publicity, thanks to someone who runs a wedding venue, and who refused to book the ceremony of a gay couple. Like most people back home, I know this person. I know her mother and son and at least one of her ex-husbands. In the way of small towns, they knew my father, and my mother too. But they didn't know that Dad wrote porn – and they'd never have guessed that Mom typed every manuscript for final submission.

Dad wanted to protect the family from public condemnation. The other side of secrecy is shame, and I suppose Dad never fully resolved his obsession with sex. Long after his children were grown up and out of the house, he still operated covertly, alone in his back room, with porn stuffed in cupboards, hidden behind rows of books on shelves, and tucked into file folders with innocuous headings. Working in secret

**Dad wrote every
kind of porn
imaginable—alien
bondage, zombie,
S&M, swapping
and swinging,
three-ways, orgies,
hermaphrodites ...**



► **HAPPY ENDINGS**
I'm extremely
proud to report
that all of my
father's books
had (at least) one.





IT!

Darling
by John Cleve

...ion beckoned
...en followed
...a eager and
...d mistress
...the whims
...powerful
...wealthy

our
ning

441
95

MICROSOFT
KILLER

SUCCULENT LINE-UP

JOHN CLEVE

bedline book

PLEASURE
Erotic inventors dis
PLEASURE
sex drug that will t
PLEASURE
and keep you humping for hours!
PLEASURE US!
by John Cleve

THIS IS A NITIME SWAFF

HOTTE
IN TH

by J.E.

1.95
NS433



FOUR ON
THE

THE

A NOVEL SOLUTION
When you have six
kids to feed, raise,
and put through
college, you have
to be creative.



By the end of his career, he was writing specialized porn for private customers who paid a lot to have their fantasies discreetly depicted in prose.

rodites, cross-dressing and transgender. Several of his books begin with naive young women accidentally or deliberately finding themselves in peril. In *Pussy Island*, an aeroplane full of beauty contestants is hijacked to an uncharted island where all manner of sexual activity occurs. The island's location is as secret as my father's lifelong work.

It took me two years to go through Dad's stuff. He had stockpiled a collection that stretched from the 50s all the way to 2012. At first I joked about living every man's dream – a beautiful wife and a house full of porn! But after six months the project overwhelmed me, and my interest waned. Every time a sexual portrayal got my attention, something new quickly replaced it. Over time, it all ran together into one long blur of fleshy words.

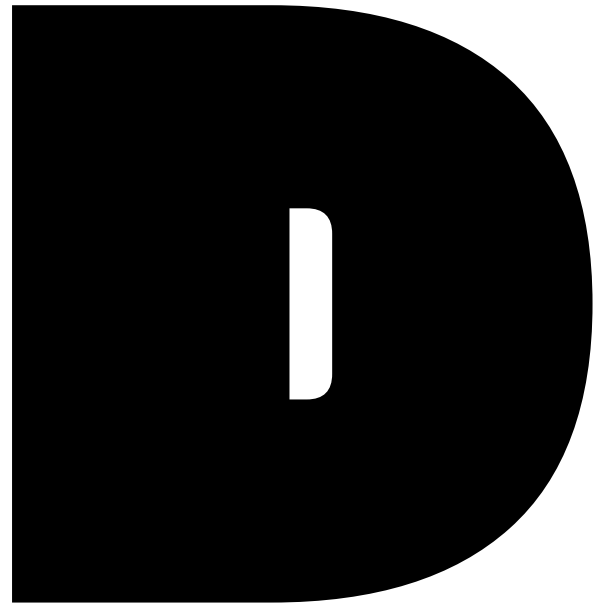
One of Dad's early books was *The Seductress*, published under the pseudonym Jay Andrews. The novel is a prolonged ménage à trois tale about a couple and a young woman. Leonard A. Lowag, a professor, wrote an introduction. Initially I wondered if Dad had written the introduction, but the prose style is decidedly different from his. I realised that the introduction and the academic credentials were intended to convince a hesitant buyer that the contents were in some way scholarly. I couldn't find any evidence that Lowag had an actual Ph.D., but he wrote introductions to many cheesy porn novels other than my father's.

As I picked through everything Dad had written and collected, I found over 40 books with introductions written by alleged doctors and psychiatrists. Some books sought legitimacy by having been cowritten, following the model of collaborative scholarship. Essentially, the books offered pornographic tales of “true experiences”, recounted in the first person, thus allowing for full-throttle depictions of wild sex. The cover art was usually innocuous, never lurid or sexy, mimicking actual academic studies. Sellers could display them openly, and buyers didn't have to hide them at home. The books lent the owners a touch of intellectual curiosity and hipness. Crude people read porn, they suggested, but these sexual treatises were authored by scholars and psychiatrists.

After two years of immersion in every facet of porn, I'd finally found my favourite category. I wasn't drawn to the content so much as the concept: softcore porn disguised as academic nonfiction. It was brilliant marketing of a subgenre I termed “Clandestine Pornography”.

was part of his process. It allowed his imagination to flourish.

Pornography is the most inclusive field of all human endeavour. It has to be. Unlike erotica, which is often boring, the purpose of porn is sexual stimulation, branching into hundreds of personal fetishes. Dad wrote every kind of porn imaginable, from alien-bondage tales to zombie porn. His themes included S&M, swapping and swinging, three-ways, orgies, hermaph-



Titillating Titles

Andrew Offutt wrote more than 400 porn novels. Among them ...

- [Bondage Babes](#)
- [Captives in the Chateau de Sade](#)
- [Swallow the Leader](#)
- [Pussy Island](#)
- [Pleasure Us!](#)
- [The Balling Machine](#)
- [A Miss Guided](#)
- [Chamber of Pleasures](#)
- [Snatch Me!](#)
- [Wet Dreams](#)
- [Diana's Dirty Doings](#)
- [The Three of Us](#)
- [The Wife Who Liked to Watch](#)
- [Never Enough](#)
- [Holly Would](#)
- [Vacation in the Erogenous Zones!](#)
- [Asking for It](#)
- [Family Bonds](#)
- [Disciplined!](#)

Dad's collection included multiple variations on the title *Confessions of a...* A few dozen books fell into this category, with such protagonists as Victorian Lady, Married Man, Sex Slave, Courtesan, Rake and English Maid. The idea that these people were eager to tell their stories is silly, but the books sold, which was all that mattered.

One remarkable title was the simple, direct *Confessions of an Author*. It gives the impression of intimacy because it was written by a genuine “author”. But my favourite is the anonymously written *Diary of Mata Hari*, a book I admire for its bold provenance: how can the diary of a named individual possibly be anonymous?

The cartoonish cover art of *Wife Swapping Report* from 1964 depicts a window with a shade not fully drawn, behind which is a silhouetted couple in deep embrace. Looking at the cover forces you into the role of voyeur. The back cover reads:

Wife swapping has become standard procedure for millions of married couples. The practice is part of the sexual revolution of our time. Has it become “normal”? Is it insane?

You must decide for yourself after reviewing the case histories of this report – case histories that are personal and explicit. They will make you wonder about your own desires.

I admire this text for its advertising acumen and foreknowledge of potential buyers. It opens with conjecture presented as truth – wife swapping is standard. (It's not now, and it certainly wasn't then.) That it's a “report” based on “case histories” gives the contents legitimacy. Next comes the forced dichotomy of “normal” and “insane.” Technically, neither is true or ever will be. But the implication is clear – the book confirms that the fantasies of a casual browser are

normal, and you'd have to be insane to think otherwise. The introduction concludes with an explanation for why the book reads as a novel - the result of careful and difficult work, with details changed and fragments edited for clarity. The reader is assured of its authenticity, with a reminder that it won't be tedious and dry. It's not a novel, but it reads like one!

Several books explored the phenomenon of bare-bottom spanking, paddling and whipping, such as *Spanking: Sex or Sadism?* "Never Before Published!" bellows the caption on the red cover. Published in 1965 in Hollywood, its 14 chapters cover the "disturbing growth" of spanking in society, attributed to the fashion of tight pants that emphasise the back-side. Each chapter depicts a different form of spanking (over-the-knee, standing, bare-bottom) and with various implements. It also includes a tip on how to find a spank partner. "While every woman possesses a fanny of some proportion, not all possess an equally attractive bust measurement." In other words, a woman with small breasts is more likely to desire spanking. Even though I knew all of this was utter invention, I wondered if that last preposterous idea could be true. If only I could have called Leonard A. Lowag, and asked.

**His fierce work
ethic moved
pornography
forward, pushing
boundaries of
social acceptance
and putting his wife
and kids through
university**



I tried to look it up in the *Illustrated Sex Dictionary* by William J. Robinson, published in 1967. It wasn't there, but I did manage to find a large catalogue of classic dirty pictures, smutty paperback covers, and examples of advertising with sexual overtones. Film is represented by a movie still of the brothel scene from *Sanctuary*, based on William Faulkner's classic novel. Lesbian love is a prominent theme. A Picasso drawing portrays a mythological satyr molesting a woman from behind.

Most surprising was "Voronoff's Operation", an actual procedure invented by Russian-French surgeon Serge Voronoff. In the 1920s, Dr Voronoff attempted to refurbish the sex drive of thousands of old men by implanting monkey testes into them, a process called "xenotransplantation". Demand was so high that he set up his own monkey farm. His successes were reported in the *New York Times* and referred to by the poet E.E. Cummings and in an Irving Berlin song. Unfortunately for the good doctor, subsequent research concluded that putting a few slices of monkey testicle inside the scrotum of a rich old man didn't actually work, had never worked, and couldn't possibly work. But, like the publishers of *Clandestine Pornography*, Dr Voronoff convinced people of his legitimacy and made a fortune.

Dad attended varsity on a full scholarship. He read widely among many subjects, including psychology, military history, and the Greek and Roman classics. Despite his brilliance, he was hoodwinked by the false promise of *Clandestine Porn*. He made comments in the margins. The introduction to 1970's *The Cruel and the Pained*, by Lester Knight, outraged him. The fake "Doctor Knight" included an uncharitable characterisation of spanking aficionados as being "abnormal, warped and twisted." Dad scribbled a response:

This writer is in considerable need of help. Only god knows how many readers this ghastly fact book hurt by its value judgments from an unwell mind.

Abnormal indeed!

Warped and twisted indeed!

It's clear that Dad was reading these books to learn about sex and seek ideas for his own work. For 50 years he made a living writing porn. By the end of his career, he was writing specialised porn for private customers who paid large sums to have their fantasies discreetly depicted in prose. No activity between adults was too warped, twisted, or abnormal. His diligence and fierce work ethic moved pornography forward, pushing boundaries of social acceptance, breaking the path for today's open attitudes about sex - or so I believe. He also put his wife and kids through university. Not a bad life's work.

MH

Chris Offutt is the award-winning author of six books and 10 screenplays. His new book is My Father, the Pornographer.

YOU WANT MUSCLE? HERE'S HOW!

ON SALE
NOW!

R170

EXCLUDING
POSTAGE

The *Men's Health Big Muscle Training Manual* is the one tool you need to strip away fat, pack on muscle and build the most incredible body you've ever had. No more excuses.

- **INCINERATE FAT!**
- **DOUBLE YOUR STRENGTH!**
- **CRUSH YOUR GOALS!**
- **START NOW!**

***Shed your belly
and build your
best body fast!***



Rules to Climb By

These 25 strategies will elevate your game this year – and beyond

BY HUGH O'NEILL



▶ **If you expect people to be rational, you'll spend your life annoyed. Enjoy the oddness.**

▶ Never gesture with silverware in your hand.

▶ **She doesn't want you to fix it, just to hear it.**

▶ Celebrate your success. Wildly.

▶ **When naked, she wants you to mix fierce with tender.**

▶ The opposable thumbs of *Homo sapiens* are designed for grabbing things. Go ahead—get your money's worth.

▶ **Never tell a story of travel woes—unless you were on foot and crossing a ridgeline.**

▶ She's as beautiful as you think she is. Now convince her.

▶ **Often the right thing to say is a pat on the back.**

▶ Discouraged? Paint something. Still blue? Eat chili. Make a bed. Hit the car wash!

▶ **Silence speaks.**

▶ Don't struggle alone, brother. Real men know when to call for help. And who to recruit.

▶ **There's a reason why "scared" and "sacred" are just a typo apart. Facing fears makes you holy.**

▶ The shrewd man knows what doesn't matter.

▶ **Make sure she knows that frequent sex helps ward off prostate cancer.**

▶ ... and that orgasm boosts immune function for all.

▶ **... and that more sex = better guy listening. It's science! (Or it *should* be.)**

▶ If you stop judging everything, you'll enjoy life a lot more. So will your wife, your brother, your kids, et al.

▶ **Be a fountain, not a drain. Create more, consume less.**

▶ The last play is history. The next play is everything.

▶ **Be sure your compliment isn't about how perceptive or thoughtful you are.**

▶ All muscles have merit, but triceps are crucial. A flash of guns inspires you and her.

▶ **Your brain thinks it's way more clever than it is. Be suspicious of it.**

▶ Sing! Even (especially!) if you're tone deaf. Confidence is always pitch perfect. Hell, you might as well dance too.

▶ **Entertain the possibility that you're wrong. It happens more than you think.**

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